

STEP-BY-STEP GUIDE TO PERFECT ROAST TURKEY page 27

13
ONION
RECIPES
that are ideal
for the season
page 50

SAVEUR

Savor a World of Authentic Cuisine

28 Great Holiday Sides

A fresh take on **cranberry sauce**, the most scrumptious **sweet potatoes** you'll ever taste, and other knockout dishes!

page 105

MEAT-FREE THANKSGIVING

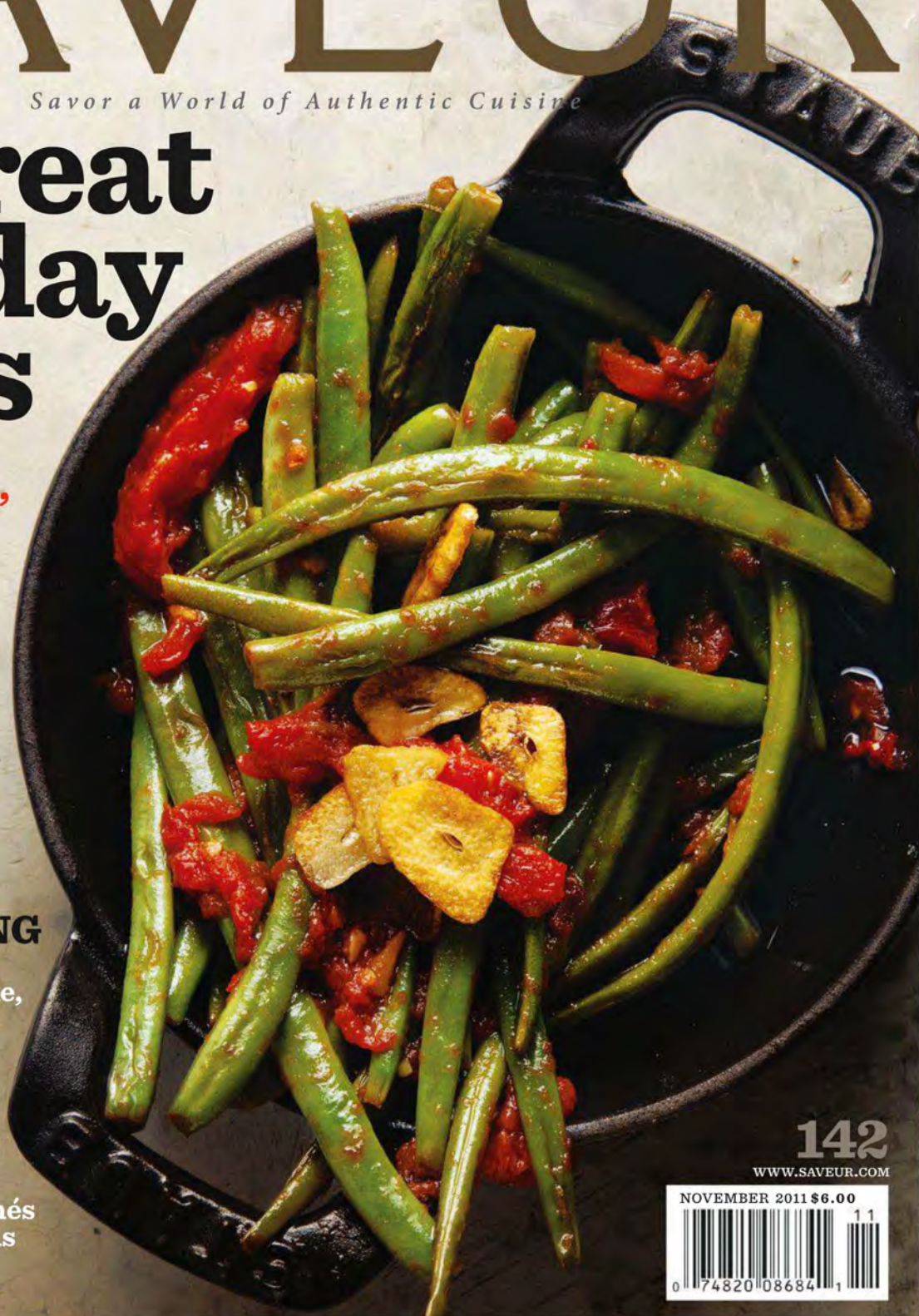
The richest gratin, an outrageous cheesecake, spiced pilaf, and more

page 84

EUROPE'S FINEST SOUPS

7 delicious classics, from elegant consommés to hearty one-pot meals

page 92



142

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Katia Cerwin



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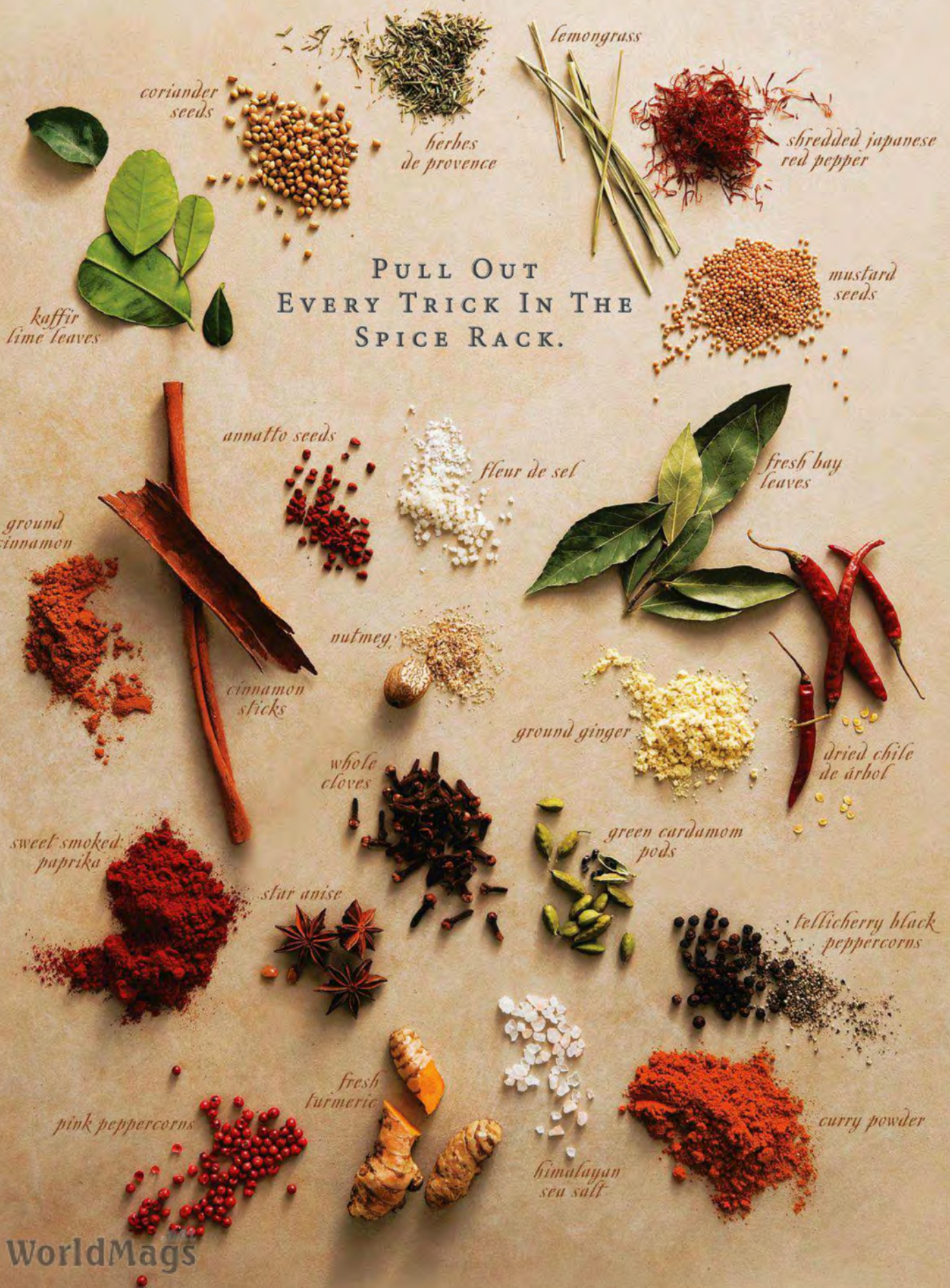


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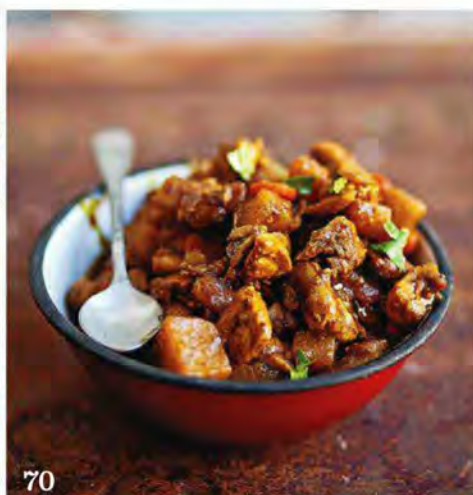
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Features

50 Roots of Flavor
What would we do without onions, the most essential, versatile, and inspiring ingredient in our kitchens? Herein, we celebrate these brilliant bulbs in their many varied forms, along with recipes for pickled cocktail onions, creamy French onion dip, tender bialys, spicy curries, soulful casseroles, and more. *By Dana Bowen*

70 Good Morning, Jamaica
Every day, Jamaicans wake up to an incomparable breakfast: deeply satisfying, fla-

vorful main dishes like saltfish with ackee, a local tropical fruit; filling, energy-boosting sides like luscious hominy porridge and fried johnnycakes; and dozens of the island's other unique foods. *By Betsy Andrews*

84 True Harvest
For many of us, turkey is the symbol of Thanksgiving. Planning a meat-free holiday challenged this vegetarian author, however, to create a meaningful feast without the bird. Drawing on global cuisines and American tradition, her

meal—winter squash and apple soup, honey and herb biscuits, pumpkin cheesecake, and more—is rich in harvest goodness. *By Linda Monastra*

92 The Art of Soup
There's no better place to experience the delicious range of warming winter soups than in Central Europe. Traditional recipes from Hungary, Germany, and Switzerland—hearty lamb pottage, creamy potato soup, pristine oxtail consommé—reveal the exquisite refinement of this deceptively simple food. *By Beth Kracklauer*

Cover Various Thanksgiving Sides PHOTOGRAPH BY TODD COLEMAN

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15



105



12



116



43



37



47



15



105



33

Departments

12 First

How early bowls of soup informed a lifetime of eating. *By Todd Coleman*

15 Fare

A Guatemalan dish for All Saints' Day; finger limes; fresh-hop beer; turkey plates; plus One Good Bottle, Agenda, and more.

27 Technique

A cookbook author shares her tried-and-true method for making the very best roast turkey (and gravy, too). *By Molly Stevens*

30 Source

When it comes to grits, stone ground are the best you can buy. *By Rachel Wharton*

33 Kitchenwise

A chef and her architect husband design their ideal kitchen. *By Mary Sue Milliken*

37 Essay

In a new book, chef Daniel Humm of Eleven Madison Park in New York City translates fine dining for the home cook. *By Daniel Humm*

43 Classic

The sweet potato casserole gets its due, marshmallows and all. *By Lesley Porcelli*

47 Review

Dominique on Magazine's creative cuisine leads post-Katrina New Orleans beyond the Creole classics. *By John Mariani*

105 In the Savour Kitchen

Tips to perfect your Thanksgiving feast; sweet potato cake; five staff-favorite sides.

111 Pantry

How to find the ingredients, equipment, and resources in this issue. *By Ben Mims*

116 Moment

For eminent *gourmande* Julia Child, laughter is ingredient one. *Photograph by Marc Riboud/L Magnum Photos*

Fare	Seeds.....	68	Pumpkin Cheesecake	
Fiambre (Guatemalan Composed Salad).....	Roasted Vidalia Onions with Herbed Bread Crumbs.....	68	with Gingersnap Crust.....	90
Seared Scallops with Finger Lime Beurre Blanc.....	Six-Onion Pizza.....	68	Soups	
	Vermouth-Spiked Cocktail Onions.....	69	Graupensuppe (German Barley Soup).....	100
Technique	Jamaica		Karfiolles (Paprika-Spiced Cauliflower Soup).....	100
Perfect Roast Turkey.....	Ackee and Saltfish.....	80	Kartoffelrahmsuppe (Spiced Potato Soup).....	100
Classic	Bass in Escovitch.....	80	Markklösschensuppe (Beef Marrow Dumpling Soup).....	100
Sweet Potato Casserole with Pecan Crumble.....	Callaloo and Cheddar Quiches.....	80	Maultaschen (Dumplings).....	100
	Conch Soup.....	80	Maultaschenuppe (Dumplings in Broth).....	102
Onions	Curried Chicken.....	80	Ochsenchwanzsuppe (Oxtail Consommé).....	102
Beer-Battered Onion Rings.....	Hominy Porridge.....	82	Palócleves (Lamb Soup with Sour Cream).....	102
Bialys.....	Johnnycakes.....	82		
Creamed Onion Gratin.....	Sorrel.....	82		
Djei Besla (Chicken and Onion Tagine).....	Stamp-and-Go (Salt Cod Fritters).....	82		
Escabeche de Cebolla (Yucatecan Pickled Red Onions).....	Vegetable Run-Up.....	82		
Gosht Dopiaza (Onion and Lamb Curry).....	Vegetarian Thanksgiving			
Homemade French Onion Dip.....	Autumn Vegetable Patties.....	88	Kitchen	
Onion and Bacon Tart.....	Cranberry-Ginger Chutney.....	88	Cranberry Salsa.....	105
Parsley and Onion Salad.....	Honey and Herb Biscuits.....	88	Sweet Potatoes with Brown Sugar and Black Pepper.....	105
Poached Trout With Onions and Fennel.....	Peas with Orange and Mint.....	88	Green Beans and Tomatoes.....	105
	Potato and Rutabaga Gratin.....	88	Brussels Sprouts and Bacon.....	105
	Spiced Wheat Berry Pilaf.....	90	Orange and Honey-Glazed Carrots.....	105
	Winter Squash and Apple Soup.....	90	Sweet Potato Cake.....	106
	Apple Cider-Cinnamon Ice Cream.....	90		

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Cranberry Apple Pie

Cooking the berries, sugar and orange peel with flour before you pour it over the apples gives the pie a better texture and flavor. Chopped pecans add a nice crunch. This tasty combination is perfectly matched with the healthy whole grains in the crust.

PIE CRUST

2 cups (8 1/2 ounces) King Arthur Unbleached All-Purpose Flour
1 cup (4 ounces) King Arthur Unbleached White Whole Wheat Flour
1 teaspoon salt
2 teaspoons sugar (optional)
1/2 cup (3 1/4 ounces) vegetable shortening
1/2 cup (4 ounces) cold butter
6 to 9 tablespoons (3 to 4 1/2 ounces) ice water

In a large bowl, whisk together the flours, salt and sugar if using. With a pastry blender, two knives, or your fingertips, cut the shortening into the flour mixture until it resembles cornmeal. Dice the butter into cubes and cut in until the largest pieces are the size of a dime. Sprinkle the ice water over the flour/fat mixture, tossing with a fork, using 2 tablespoons at a time. Continue until the dough is just moist enough to hold together. Gather it into a ball, cut it in half and flatten the halves into two disks. Wrap the pieces of dough and refrigerate to give them a rest for 30 minutes or more before rolling them out.

PIE FILLING

1 1/2 cups (5 1/4 ounces) chopped cranberries
1 cup (7 ounces) sugar
1/2 teaspoon grated orange peel (zest)
1 tablespoon King Arthur Unbleached All-Purpose Flour
1/3 cup (2 5/8 ounces) orange or cranberry juice
6 tablespoons (1 1/2 ounces) chopped pecans
3 firm, tart apples, peeled, cored and sliced
1/2 teaspoon cinnamon
1 tablespoon butter

Preheat your oven to 425°F. Lightly grease a 9-inch pie plate, and line with half the pie dough from above. Refrigerate the crust while you make the filling. In a medium saucepan, cook the cranberries with the sugar, orange peel, flour and juice until the mixture is slightly thickened; remove from heat and cool. Sprinkle half the pecans in the bottom of the prepared pie plate. Make 2 layers of apples on top of the nuts. Sprinkle these with cinnamon and dot with butter. Pour the cooled cranberry mixture over the apples and sprinkle on the remaining pecans. Cover with a latticed top. Bake for 30 minutes or until the crust is golden and the berries are bubbly. Remove from the oven and cool before slicing.

Yield: 1 pie, 8 slices

More recipes at kingarthurfLOUR.com/recipe

FIRST



Soup Odyssey

Wherein a cook seeks out the soul of Central European cooking

I'VE HEARD IT SAID IN many a professional kitchen that an omelette is the best measure of a cook. I've come to another conclusion over the years: You want to see a true display of culinary skill? Order the soup.

As a child, when my family lived in Germany, I ate soups that have stuck with me as the most memorable dishes of my life: sophisticated soups with beautiful garnishes, often served as a distinct course with its own accoutrements. The depth of flavor contained in those bowls presented a profound mystery to me. You might say I've spent the rest of my life endeavoring to make something that delicious.

Over the past year, as I took photographs and collected recipes for the story about soups on page 92 ("The Art of Soup"), I had the opportunity to spend some time with chefs in the part of the world I consider to be the mecca of soup-making: Central Europe. There was Oliver Steffensky, chef at the restaurant Dorfstubben at Hotel Bareiss, in Germany's Black Forest, who worked with the precision of an engineer as he formed the meat-filled *Maultaschen* dumplings that are the centerpiece of one of the region's most beloved soups. In Zurich, at the Widder Hotel, chef Alexander Kroll took an equally classical approach. I was delighted to see him employing a "raft" of ground beef and egg to ensure that his consommé would come out perfectly clear—a technique I hadn't seen in action since my culinary school days.

At Weinhaus Weiler, a village inn in Germany's Rhine Valley, Klaus Weiler made a rich barley soup that customers (including those pictured above) have eaten all their lives. Weiler told me that if he monkeyed with the recipe even slightly he'd let them down, and it's that level of rigor that makes rural inns like his such rich repositories of regional cooking traditions. The kitchen at the restaurant Bagolyvár in Budapest, founded by the late, great restaurateur George Lang, is staffed entirely by women, as Lang believed it's women who are the custodians of traditional Hungarian cooking. As chef-de-cuisine Andrea Németh prepared her soulful soups, she employed techniques I've never observed in all my years as a cook. Here was some of the magic behind the soups that so captivated me as a child. Seeing the secrets revealed, I was no less spellbound. —TODD COLEMAN, Executive Food Editor





Meet Kansas farmer Shad Mehl in our video: kingarthurfour.com/inthefields



Cranberry Apple Pie recipe opposite page

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FARE

Celebrations and Sensations From the World of Food, Plus Agenda and More

Saintly Salad

Guatemalan *fiambre* is a dish to raise the dead

IN 1997, WHEN I first visited Guatemala's Lago Atitlán, a crystalline lake surrounded by volcanoes, I arrived on November 1, in time to observe All Saints' Day. The owner of my hotel in the town of Panajachel invited me to her family's celebration.

Typically, my hostess told me, families decorate their relatives' graves with flowers and candles to guide the spirits back home. Food and drink are left for souls famished from wandering in the netherworld. Many people stay by the graves, eating and drinking until morning; others take the party elsewhere.

That's what we did. We arrived at the family's home, the rooms vibrating with laughter in celebration of the lives of the dead. Every square inch of a long table was covered with dishes, and the centerpiece was an enormous composed salad—dozens of ingredients in colorful layers. My first bites contained cabbage, chorizo, heart of palm, and sardine; a tart vinaigrette tied it all together. "*Fiambre*," a man next to me said.

It turns out that *fiambre*,



AGENDA

November 2011

4-5

WISCONSIN CHEESE ORIGINALS ANNUAL FESTIVAL

Madison, Wisconsin

With creamery tours, tastings, and seminars, this festival showcases such delicacies as Uplands' rich cows'-milk Rush Creek Reserve; LaClare Farm's Evalon, made from raw goats' milk; and nearly 150 other Wisconsin-made cheeses. The kicker is a series of three-course collaborations between cheese-makers and chefs at local restaurants, featuring dishes ranging from fondue to blue cheese-stuffed wontons. Info: wicheesfest.com

4-6

SUNCHANG GOCHUJANG CHUKJE

(Fermented Red Pepper Paste Festival)
Sunchang, South Korea



All year long, the streets of Sunchang Gochujang Village, located at the base of South Korea's Amisan Mountain, are lined with clay jars filled with gochujang, a fermented red pepper paste that is a staple in Korean cooking. Once a year, the town lauds its own labor. The highlight of this festival is a competition that has cooks using the paste in traditional dishes like *koche-jang* (pickled blue crabs) and *gul-kakdugi* (radish kimchi with oysters). Info: visitkorea.or.kr

5

JAMES BEARD HOUSE OPENS

1986, New York City



The American culinary icon and educator James Beard died in 1985 at the age of 82.

A year later, his friends, including

Julia Child, transformed his Greenwich Village brownstone into the James Beard House, a culinary center and the headquarters of the James Beard Foundation. Today, the Foundation puts on more than 250 events a year, including the James Beard Awards, which honor the contributions of chefs, journalists, and others to the world of food. Info: jamesbeard.org

6

TULSI VIVAH

(Holy Basil Wedding Day)
Goa, India

According to Hindu legend, *tulsi*, or holy basil—India's most sacred herb—is an incarnation of the goddess Lakshmi. This day in northern India represents Lakshmi's marriage to the god Vishnu and kicks off wedding season. A feast of *moong gathi* (sprouted beans with



Julio Roberto, at Café Lo-Mix in Antigua, Guatemala, assembling *fiambre*

which means "served cold," is eaten only in Guatemala, only on All Saints' Day. Though its origins are murky, according to chef Mirciny Moliviat, an expert on Guatemalan cuisine, as families took dozens of little dishes to the cemetery, over time they got mixed together, resulting in this easier-to-carry creation. Variations include *fiambre blanco*, white with cabbage; beet-laden *fiambre rojo*; and vegetarian *fiambre verde*. Other than that, *fiambre* can contain anything from baby corn to beef tongue. With 50 or so ingredients, it can take days to prepare.

After eating my fill of *fiambre*, I slipped into my hostess's kitchen where her mother was directing several women in assembling even more of the dish. "Who knows

what the dead want?" she told me. "With *fiambre*, they can pick their favorite things." —Kent Black

Fiambre

(Guatemalan Composed Salad)

SERVES 12-16

- ¾ cup chopped parsley
- ½ cup white wine vinegar
- 2 tbsp. capers, drained
- 1 tbsp. Dijon mustard
- 6 scallions, roughly chopped
- 1 7-oz. jar pimientos, drained
- 1 clove garlic, sliced thin
- 1 1" piece ginger, sliced thin
- 1 cup olive oil
- Kosher salt and ground black pepper, to taste
- 1 lb. boneless, skinless chicken breasts, poached and cut into 1" cubes
- 1 lb. medium head-on, unpeeled shrimp, boiled

- 1 lb. peeled Yukon gold potatoes, boiled and halved
- 8 oz. cooked uncured chorizo sausage, cut into ¼" slices
- 8 oz. cooked linguica sausage, cut into ¼" slices
- 4 oz. green beans, trimmed and boiled until tender
- 3 oz. salami, cut into ½" strips
- 3 oz. ham, cut into ½" strips
- 1 cup frozen peas
- 4 medium carrots, cut into ½" rounds, boiled until tender
- 4 ribs celery, cut into ½" slices, boiled until tender
- 1 head cauliflower, cut into florets, boiled until tender
- 4 medium beets, roasted, peeled, and quartered
- 1 small head green leaf lettuce, leaves separated
- 1 small head red leaf lettuce, leaves separated
- 8 oz. farmer's cheese or feta
- 3 oz. mini gherkins, drained
- 3 oz. Spanish olives, pitted
- 5 radishes, quartered
- 4 boiled eggs, quartered
- 3 pacayas (palm tree blossoms; see page 111)

Puree ½ cup parsley, vinegar, capers, mustard, scallions, pimientos, garlic, and ginger in a blender. Drizzle in oil until emulsified; season with salt and pepper and set vinaigrette aside. Toss chicken, shrimp, potatoes, chorizo, linguica, green beans, salami, ham, peas, carrots, celery, and cauliflower with ¾ cup vinaigrette in a bowl. Toss beets with ¼ cup vinaigrette in another bowl. Cover both bowls; chill 30 minutes to blend flavors. Arrange lettuce on bottom of a large platter; top with marinated meats and vegetables. Garnish with beets, cheese, gherkins, olives, radishes, eggs, and pacayas; sprinkle with remaining parsley.

One Good Bottle

The wines of the remote Canary Islands, located in the Atlantic Ocean off northwest Africa, are little known to the rest of the world. Yet, at one time, the Spanish archipelago's most common grape, listán negro, was also the most planted in California. Brought there by Spanish missionaries in 1769, the variety was named Mission. By the turn of the 20th century, when the louse phylloxera hit the West Coast, the grape, mostly vinified for sacramental purposes, died out. But it continued to flourish in the rich volcanic soils of the Canary Islands like Tenerife, where the fruit for Bodegas Monje Tradicional 2008 (\$23) is hand-harvested from steep slopes. Monje throws some black, lush negramoll and some listán blanco, a grape often used in sherry, into the mix to make a wine that's at once electric and old-fashioned. With its flavors of chestnut honey, lanolin, paprika, and raspberry, it can handle any Thanksgiving trimming. —Alice Feiring



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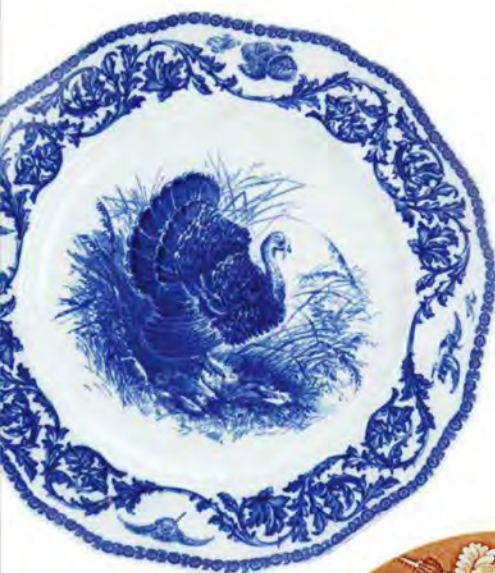
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Birds of a Feather

Holiday and other celebratory meals have long called for their own sets of special dishes. In researching my book *Dish: 813 Colorful, Wonderful Dinner Plates* (Artisan Books, 2011), I was first charmed, then fascinated, by the history behind the turkey china produced for Thanksgiving Day feasts. Though the original all-American meal wasn't made a national holiday until 1863, the savvy potters of Staffordshire, England, who were particularly adept at identifying the tastes of the U.S. market, wasted no time afterward in providing their American cousins with special pieces festooned with the bounties of the season: borders ringed in grapevines, acorns, garlands of autumnal flowers, and plump, showy turkeys. They were an instant hit in the States, where china enthusiasts have been collecting them ever since. —*Shax Riegler*



The smeared effect on this 1910 "flow blue" plate from Stoke-on-Trent's Cauldon results from the cobalt pigment running during firing. While this flaw rendered the pieces unsalable in England, it caught on across the Atlantic. Such plates were big sellers here from the 1820s into the 1900s.

Creating turkey plates was often just a matter of tweaking an existing design. For Thanksgiving, Enoch Woods and Sons replaced the pastoral scene in their standard English Scenery plate with this puffed-up tom turkey. Produced from 1917 until the early 1960s, the pattern also came in blue and red.

At formal Victorian dinners, it was customary to serve fish and game courses on separate china services. This circa 1930 Copeland Spode design was adapted from a set meant for game. The transfer-printed blue-and-white pattern has been dressed up with hand-colored enamels.

Johnson Brothers' Barnyard King (above), made from about 1950 until the early '70s, was marketed to Americans hungry to celebrate in style after the dreary years of World War II. Like most turkey patterns, it was part of a "short set," which the hostess mixed in with her regular china.

American potters also entered the market. Founded in 1873, West Virginia's Homer Laughlin China is now famous for its Fiesta-ware. In the 20th century, nearly half of the company's dishes were sold through stores such as Woolworth's, including this Bountiful Harvest set. —S.R.



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Flower Power

The ephemeral pleasures of fresh-hop beer

IN 2009, I FOUND myself standing in the fields at Sodbuster Farms in the Willamette Valley as machines ripped hop cones from long vines, and the air thickened with an intoxicatingly sweet scent. I was there because many of these aromatic cones—the female plant's flowers—were set to go into seasonal fresh-hop beer, an annual tradition here that showcases the flavor of this green, resinous flower. Unlike intense, hop-heavy beers brewed with the dried flower, fresh-hop beer captures the cones' delicate essence, with flavors that run from tangerine to pine, depending on the hop variety.

The volatile nature of the fresh, or "wet," hops means brewers must use the cones within 24 hours of picking, before flavors and aromas fade. That puts brewers within driving distance of hop growers in the sweet spot during the late August–September harvest.

Until the 1960s, that harvest happened by hand. These days, brewers visit farms to watch as machines strip the vines. "It's a reminder of how beer makers are attached to the soil," says Kurt Widmer of Portland's Widmer Brothers Brewing, whose crew bagged 20 pounds of citrusy Summit hops at Oregon's Goshie Farm one recent fall.

Fresh-hop beers are on tap at many breweries, brewpubs, and festivals throughout autumn, all over the country. Though some breweries bottle the beers, it's best to consume them right away—fresh hop flavors fade as quickly as the season. —Lucy Burningham

Workers pick hops by hand in the village of Beltring in Kent, England, in 1937.



Victory Hop Wallop Ale, Downingtown, Pennsylvania
Golden ale offering up pine, malt, and spice aromas followed by a mouthful of honeyed grilled grapefruit.



Deschutes Hop Trip Fresh Hop Pale Ale, Bend, Oregon
Malt-heavy pale ale with light carbonation and the piney, resinous essence of fresh Crystal hops.



Sierra Nevada Northern Hemisphere Harvest, Chico, California
Creamy India pale ale with fresh, citrusy Cascade and herbal-tasting Centennial hops.



Founders Harvest Ale, Grand Rapids, Michigan
A potent homage to fresh hops, this balanced India pale ale reveals notes of sticky orange. —L.B.

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» coconut), *puri* (a puffy, deep-fried bread), sweet potato and rice pudding, and stewed red pumpkin is offered to *tulsi* plants decorated to look like Hindu brides. Info: goatourism.gov.in

12

RÄBECHILBI

(Turnip Fair)
Richterswil, Switzerland



On the second Saturday in November, residents of this town on Lake Zurich celebrate the end of their harvest season with a parade of

lanterns made from carved turnips. The festival, which began in 1905, is inspired by an even older tradition of using candle-bearing turnips, or *räbe*, to light the way home after church. Last year, more than 27 tons of turnips and 50,000 candles created a glowing spectacle. Info: myswitzerland.com/en

20

FIRA DE LA MEL

(Honey Fair)
Llubi, Spain

The Mallorcan town of Llubi fêtes seven centuries of local apiculture on the third Sunday in November. Beekeepers from all over Mallorca and Menorca show off their honeys and waxes in the town square. Festgoers sample hon-



eyed figs, hazelnuts, and apricots; honey wine, liqueur, and rum; and several varieties of pure, unfiltered orange-blossom honey. Try

the local sausage, *sobrasada de Mallorca*, drizzled with honey. Info: www.illesbalears.es

21-26

EMIRATES INTERNATIONAL DATE PALM FESTIVAL

Abu Dhabi, United Arab Emirates
One of the world's oldest cultivated fruit trees, the date palm thrives in desert locales like Abu Dhabi, which hosts this party. More than 200 exhibitors from 17 countries will be on-site at the festival's "Date Testing Oasis" to offer samples of varieties like soft Moroccan medjools and rich halawi dates from Israel. Info: datepalmfestival.net

25-27

PUERTO RICAN PASTEL FESTIVAL

Orocovis, Puerto Rico

In late November, the Puerto Rican town of Orocovis honors the *pastel*. In varieties ranging from green plantain dough stuffed with pork to celery- and-cod-stuffed cassava dough, these tamalelike snacks steamed in plantain leaves are devoured by visitors who also enjoy local music and dance performances. Info: festivaldelpastel.org



Tiny Giant

A small lime delivers huge flavor to a growing number of chefs

OVERLAPPING LIKE dominoes, eight gleaming slices of Atlantic bigeye tuna occupied the plate. On top was a mélange of exotic citrus, including three small mounds of tiny, translucent, pale green spheres that exploded in my mouth, enhancing the dish with stunning bursts of lime.

That was this past spring at the Philadelphia restaurant JG Domestic, and though I had first sampled finger limes about a year earlier in Adelaide, Australia, that citrus blast came, once again, as a pleasant shock. Native to Australia, the fin-

ger lime, *Citrus australasica*, is a pinky-finger-shaped member of the citrus family. Inside its fragrant skin is a cluster of pearl-like vesicles. After my first tastes, I understood why chefs call these "citrus caviar," for their roe-like crunch, and the way they pop in the mouth, releasing hits of acidity.

Fresh Australian finger limes aren't approved for import to the States, so most of America's supply comes from a few California growers. In season, from late summer to mid-winter, the fruit can be found at West Coast farmers' markets,

grocers like Whole Foods, and a growing number of restaurants; chefs from all over have caught on to the limes' charms. At The Fifth Floor, a restaurant in San Francisco, chef David Bazirgan uses them to add tangy, textural contrast to the rich *beurre blanc* that tops sautéed scallops (see a recipe on page 24). Australian chef Andrew Fielke mixes the capsules into cocktails at home to add a concentrated citrus note. In Paris, Nicolas Berger, pastry chef at Alain Ducasse at the Plaza Athénée, uses finger limes as a bright,



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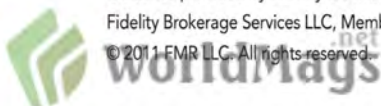


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finishing touch in both fruit compotes and rich chocolate desserts. Berger says, "It's the *fleur de sel* for the pastry chef."

Experimenting in my own kitchen, I folded the caviar into a homemade tartar sauce for salmon cakes, which added a beguiling pop-pop-pop. Even in this humble application, finger limes pack a punch. —John Grossmann



Seared Scallops With Finger Lime Beurre Blanc

SERVES 4

This recipe comes from David Bazigan of The Fifth Floor restaurant in San Francisco.

- 1 cup dry white wine
- 2 tbsp. white wine vinegar
- 1 large shallot, thinly sliced
- 16 tbsp. butter, cubed, chilled
- 1 tsp. minced tarragon
- 4 finger limes, halved and pearls removed
- Kosher salt and ground black pepper, to taste
- 2 tbsp. olive oil
- 12 large diver scallops

Boil wine, vinegar, and shallot in a 2-qt. saucepan over medium heat until reduced to 3 tbsp., about 25 minutes. Remove from heat; whisk in butter slowly. Stir in tarragon, half the lime pearls, and salt and pepper; set sauce aside. Heat oil in a 12" skillet over medium-high heat; season scallops with salt and pepper, and cook, turning once, until golden brown, about 3 minutes. Divide scallops among four plates; spoon over sauce; garnish with remaining pearls.

THE PANTRY, page 111: Info on buying turkey plates, finger limes, fresh-hop beer, and more.

On the Web

Sprouts Anew

At SAVEUR.COM, we stay on top of the food trends: we try so many recipes from our test kitchen and readers, it's hard not to. This season, we're struck by what's happened to Brussels sprouts. These petite members of the cabbage family, named for the city in Belgium where they may have been cultivated as many as seven centuries ago, have long been a popular Thanksgiving side dish. Yet in recent years, Brussels sprouts have undergone an inspiring renaissance. Not just during the holidays, but at everyday meals, we're finding the sweet, pungent vegetable featured in all sorts of delicious preparations: tossed with bacon and maple syrup, and braised low and slow; drizzled with olive oil and caramelized under the broiler; sautéed with chorizo and garlic; even peeled into single leaves, fried, and tossed in a Thai-inspired chile sauce—a nontraditional preparation that's the perfect companion to a nontraditional Thanksgiving feast. So, whether you're roasting your bird, or deep-frying, smoking, or grilling it, there's bound to be a recipe for you in our roundup of Brussels sprouts favorites at SAVEUR.COM/SIDES. —Helen Rosner



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Pictured left: Chester McGee, Assembly Operator

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TECHNIQUE

The Perfect Bird

This fail-proof roasting method produces the tastiest, juiciest Thanksgiving turkey

BY MOLLY STEVENS

AS THE SO-CALLED kitchen professional in my family, I used to be expected to come up with newfangled takes on the Thanksgiving turkey each year. I've brined it, smoked it, fried it, dry-rubbed it; but eventually I (and everyone else around the table) tired of elaborate seasonings and complicated preparations. What we really craved was just a fantastic roast turkey—and this recipe produces exactly that. Follow these steps and you'll have tender legs, juicy white meat, burnished skin, and lots of gravy. In fact, it's the single best technique for roasting a bird that I know and the only one I use anymore when it comes to this special meal.

To start, I shop for a fresh, humanely raised bird, ideally not more than 15 pounds; the gargantuan, industrially raised fowl sold by the truckload around the holidays are bland (at best) and, because they're so big, impossible to cook evenly. **One 13- to 14-pound fresh turkey** will generously feed 10 to 12 people (for more guests, buy a second turkey). Bring your bird home at least two days before Thanksgiving so you have ample time to presalt, a simple step that keeps the turkey juicy and intensifies its natural flavors.

1. Begin with the gravy: You'll want plenty of it, so I recom-



mend buying and roasting turkey parts, which will be used to make the gravy's deeply flavorful broth. You'll need **five to six pounds of turkey parts**—ideally a mix of necks, wings, and legs—to make enough gravy for 10 to 12 people. Ask your butcher to chop the parts into four-inch pieces; smaller pieces are best because the skin and collagen release more easily from the bones, adding flavor and body to the broth. Pat the parts dry with paper towels, arrange them in a single layer in a large flameproof roasting pan (I use the same one I use for the turkey), and roast them in a 450-degree oven, flipping them with tongs after 30 minutes, for an hour total, until nicely browned.

2. Transfer the roasted parts to a four- or five-quart saucepan. Don't worry if bits stick; you'll capture them when you deglaze the pan. Place the roasting pan over your largest burner (you can use two burners if that's a better fit), turn the heat to high, and add **two cups of water**. Bring

to a boil, scraping the bottom with a wooden spoon to dissolve any cooked-on drippings, and then pour the liquid into the saucepan. Add enough additional water to the saucepan to just cover the turkey pieces; any more can result in a diluted broth. Depending on the shape and size of your pot and turkey parts, you'll probably need about **seven to eight cups of water total**. Bring to just below a boil over medium-high heat, and immediately lower the heat to a very gentle simmer. Skim any foam or scum that rises to the top, and add **one large**



coarsely chopped carrot; one large coarsely chopped yellow onion; one coarsely chopped rib of celery; one-half teaspoon of kosher salt; one-half teaspoon of whole black peppercorns, and one bay leaf. It's awkward to skim once you've added the vegetables and seasonings—since they tend to float to the surface—so I don't bother. As long as you don't let the broth boil aggressively, it will be clear. Continue to simmer, uncovered,

until it has a sweet, rich turkey flavor, two and a half to three hours. When the broth is done, set a fine-mesh strainer over a heat-proof bowl. (If you don't have a fine-mesh strainer, line a colander with a double thickness of cheesecloth.) Strain the broth, pushing gently on the solids to extract as much liquid as you can but not so hard as to mash the vegetables—this will cloud the stock and give it a murky flavor. Let the broth sit on the counter until it cools to room temperature, and then cover and refrigerate for up to four days. Once the broth has completely chilled, remove the layer of surface fat. You can freeze this broth for up to six weeks. In fact, if I'm traveling by car for the holiday, I'll freeze the broth in plastic tubs and use them as ice packs in my cooler.

3. Presalting is the key to a juicy bird. Remove the giblets from the turkey, and refrigerate them for later use (except the liver, which you can discard or save for another use). Then pat



MOLLY STEVENS is the author of *All About Roasting: A New Approach to a Classic Art* (W.W. Norton, 2011).

the turkey dry with paper towels. Sprinkle **two tablespoons of kosher salt** and **one teaspoon of freshly ground black pepper** liberally all over the turkey, spreading a little in the cavity and being sure to season the back, the breasts, and the meaty thighs. If you've never pre-salted before, this may look like too much salt, but it's not. As the turkey sits in the refrigerator, the salt will gently permeate the meat, improving the water-holding ability of the muscle cells so that, when cooked, the meat stays juicy yet does not become overly salty. In fact, when you pull the turkey from the fridge after its salt treatment, the skin will be taut and dry with no trace of salt. Arrange the turkey on a wire rack over a rimmed baking sheet, and refrigerate uncovered (this dries the skin, which helps it turn crisp during roasting) for one to two days.

4. I am a firm believer in not stuffing the turkey: It roasts more quickly and evenly when its cavity isn't filled. I've probably tested every single roasting method out there, from roasting at very high heat to flipping the bird to distribute its juices; none of them surpasses this one, which requires placing the turkey in a very hot oven, then roasting it at a moderate temperature the whole way through. Remove the turkey from the refrigerator about two hours before roasting to take the chill off; this also helps it cook more evenly. Heat the oven to 450 degrees. Tuck

the wings behind the neck, and tie the tips of the drumsticks together with kitchen string. Arrange the turkey breast-side up on a rack in a sturdy roasting pan. Pour **one and a half cups of your homemade turkey broth** into the pan, and slide the turkey into the oven, immediately lowering the heat to 350 degrees. Then let it do its thing, rotating the pan after about one and a quarter hours, for two and a half to three hours total. Meanwhile, combine the remaining turkey broth with the giblets in a two-quart saucepan over medium heat. Simmer gently, partially covered, until the giblets are tender, about 45 minutes. Remove the giblets (saving them to add to the gravy later, if you like), and keep the broth warm.



5. For the prettiest, most evenly bronzed bird, baste by spooning pan drippings over the breast every 45 minutes. If you notice the breast or drumsticks getting too dark, cover them loosely with foil during the last 30 to 45 minutes of roasting. Alternatively, if the legs aren't browning—which can happen if the sides of your pan are too high—you may want to flip the turkey so it roasts breast-side down for about 35 minutes and then finish it breast-side up.

6. The first hint that the turkey is ready will be the tantalizing aroma that fills the kitchen; you can count on its cooking for about 13 minutes per pound. To be sure, pierce the meaty part of



a thigh with a sharp knife, and check that the juices run mostly clear with only a trace of pink—don't wait for them to become completely clear, a sign that the turkey is overdone. To double-check, insert an instant-read thermometer into the thigh, careful not to hit bone; it should read 170 degrees.

7. When the turkey is done, grab both sides of the roasting rack with oven mitts to lift and tilt the turkey, and let the juices pour from the cavity into the pan. Set the turkey aside, tenting it very loosely with foil, to



rest for at least 30 minutes while you tend to making the gravy. (This resting period allows the proteins to cool and firm up, so the turkey better retains its juices when carved.) Pour all the liquid from the roasting pan into a heatproof bowl or 1-quart glass measuring cup, and set it aside. Set the roasting pan over two burners at medium-high heat, and add **three-quarters of a cup of dry white wine or dry vermouth** and **two tablespoons of brandy**. Bring to a

boil, scraping with a wooden spoon to dissolve any flavorful cooked-on bits, and return the reserved liquid to the roasting pan. Boil, stirring often, until the liquid is reduced by nearly half, about eight minutes. Turn off the heat, and set aside.

8. Once the liquid from the roasting pan has settled, spoon off and transfer the surface fat to a medium saucepan, measuring as you go, to make a roux for your gravy. You'll need about **four tablespoons of fat**, but every turkey is different, so if you're short add enough **butter** to make up the difference. Heat the fat over medium-low heat, and whisk in **one-third cup of flour** until smooth. Cook for about four minutes, until the roux has a light amber color, and then gradually whisk in the reserved pan drippings. Bring to a simmer, and slowly whisk in **four cups of warm turkey broth**. Let the gravy simmer and thicken, whisking occasionally, for about 15 minutes (or more for thicker gravy). Add more broth if needed to get the consistency you like. For a hearty giblet gravy, finely chop the neck meat along with the gizzard (after removing the gristle) and the heart, and stir this meat into the finished gravy. Season the gravy with salt and pepper to taste, and keep it warm as you carve the turkey. By now, your kitchen will likely be crowded with guests hoping to steal a taste of the big bird. Call everyone to the table, say your thanks, and enjoy your perfect roast.





For a superlative roast turkey, author Molly Stevens recommends presalting the bird, which locks in its juices and creates crisp, delicious skin.

Southern Comfort

These stone-ground grits are the genuine article

BY RACHEL WHARTON

BEING A NATIVE North Carolinian, I grew up eating grits for breakfast. Being a North Carolinian raised in the 1970s, I ate instant grits, which cook up quickly into a smooth porridge because of the way they're processed: Dried corn is stripped of its tough hull and highly perishable germ, leaving the endosperm—the starchy heart of the kernel—which is milled, precooked, and dehydrated, so it can be easily reconstituted with boiling water. Those grits tasted just fine with some cheddar and hot sauce, but on their own, they were gluey and bland. It wasn't until years later, when I tasted the stone-ground grits from Old School Mill in Albemarle, North Carolina, that I realized what I'd been missing.

Old School is one of a growing number of purveyors that process grits the old-fashioned way, in a stone mill. Late founder Dave Hinson started the operation as a hobby. (Since he passed away in 2010, his widow, Robin, has been running the company.) In 1986, Dave bought and refurbished a 45-year-old mill, and he studied under the state's few remaining millers to learn their craft. That means crushing locally grown, dried white corn kernels between stone wheels, a technique that incorporates the endosperm along with the germ, which is packed with nutrients, oil, and that delicious corny flavor. When cooked, the resulting rustic mix of brown and white opaque pieces—*speckled* in grits parlance—tastes nutty, toasty, and pleasantly earthy. And even when stirred to creaminess, they retain an extraordinary texture that's chewy and velvety at once.

Old School grits, which should be stored in the refrigerator to keep them fresh, require a whopping eight parts water to one part grain, and they can simmer for two hours for a large batch. But they're well worth the time. I love to have them for breakfast with grated cheddar and a shot of Tabasco; later on, for dinner, I form the leftovers into patties, fry them until crisp, then top them with salsa verde, cherry tomatoes sautéed with garlic and onion, or eggs poached in olive oil. No matter how I eat them, I wouldn't think of making grits in a hurry anymore. A two-pound bag of Old School white, unbleached grits costs \$3.49, plus shipping. To order, visit oldschool.com.



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KITCHENWISE



It Takes Two

A chef and her architect husband create their perfect kitchen

BY MARY SUE MILLIKEN PHOTOGRAPHS BY ANNE FISHBEIN

I'VE BEEN A PROFESSIONAL CHEF FOR 30 years, and I've grown to love an efficient kitchen. As a young cook living in Paris, I found myself charmed by homes with tiny *cuisines* that cleverly utilized every available square inch of space. Later on in my career, when my cooking partner, Susan Feniger, and I opened our first restaurant, City Café, in Los Angeles, we worked out of a tight 10-by-10-foot space. Rather than chafing at the close quarters, I gloried in having everything I needed within reach.

That's something I kept in mind when my husband, architect Josh Schweitzer, and I bought a long and narrow lot in the Mar Vista neighborhood of West Los Angeles ten years ago and began to plan our dream house, with the kitchen at its center. I knew that my home

The author and her husband, Josh Schweitzer, in the kitchen of their Los Angeles home.



1 Spot prawns in a lime and basil vinaigrette prepared on the outdoor grill; 2 the author in a chicken coop in the backyard; 3 the author's husband, Josh Schweitzer, harvesting escarole and lettuce from the garden; 4 a stone-fruit pie cooks in the Kitchenaid oven in the main kitchen; 5 the author at her computer in the second, back kitchen; 6 guests of the author's gather at the kitchen island before dinner; 7 the author with her friends, Food Network host Bob Blumer (left) and Rick Stoff (right), a director at the nonprofit Chrysalis, sitting down in her dining room for a meal of spot prawns, grilled sausages with roasted-pepper compote, cardoon and potato gratin, shelling beans with bacon and squid, and roasted tomatoes and garlic.

kitchen would be several times larger than the ones I came of age in, but I still wanted it to have the conveniences I'd come to associate with compact spaces. We planned to build from the ground up, and Josh cleared every tree, bush, and blade of grass. Starting with a blank canvas, we approached the project from completely different angles. Josh is obsessed with aesthetics, whereas I'm Ms. Functionality. I wanted no clutter, big counters to work on, and a kitchen with room for our sons, Declan and Kieran, to cook along with us; it would also need to accommodate the guests who inevitably gravitate toward the action when we entertain. Josh wanted a space where the architectural lines and forms made the biggest impression: If you couldn't tell it was a kitchen, he said, that would be perfect. I tried not to be insulted.

W Recipes for the grilled spot prawns and stone-fruit pie at SAVEUR.COM/MARYSUE

We landed on the idea of creating two kitchens: a larger main kitchen, and a smaller adjacent one with lots of cupboards and shelves where I could stash my laptop, some cookbooks, and the espresso machine, and with a deep sink to hold unsightly dirty pots and pans. I never spend more than a couple of minutes back there—looking up a recipe or hiding platters of cookies from the kids until dessert—but having that space helps keep the rest of my kitchen streamlined and functional.

In the main kitchen, the stove, sink, and refrigerator are just a step apart, which minimizes the need for movement. I call that triangle the “sweet spot,” and everything else is organized by proximity to that epicenter. When I'm standing in that place, drawers and cupboards with cookware, dishes, utensils, and spices—things I use most—are within arm's reach. The space just over the sink holds glasses and a few every-

I love empty counter space; it keeps my mind free so I can dream up recipes or chat with my guests while cooking

day plates. Pots and pans are in deep drawers (which are much easier to access than cabinets) just across from the stove. A bit farther away are cabinets for the waffle iron, stockpots, mixer, blender—things we use maybe once a week. Farther still are items I use rarely—an ice cream maker, a Thai rice steamer. Even my outdoor barbecue is just steps away, so I can pop out to baste ribs while keeping one eye on the stove.

I love an expanse of empty counter space for prepping and cooking; it keeps my mind free so I can dream up variations on recipes or chat with my guests while chopping vegetables. I spend most of my life in kitchens, and I was tired of staring at the wall, so we installed a broad, black walnut chopping block-topped island that's situated so I'm always facing outward to interact with friends and family or to soak up the light coming in through our floor-to-ceiling windows.

After three decades of cooking with Susan, I'm a seasoned collaborator. A bonus of our current kitchen, I found, is that Josh and I can cook together—which is one of my favorite things to do—with room to spare. He's the “project cook,” taking on wild yeast waffles we call Schweggos (Schweitzer Eggos) and rustic breads, sausages, kimchi, and pies. Josh is an expert crust maker just like his granny, so while he's rolling the dough, I'll chop the fruit for the filling, and it comes together in a heartbeat. He also tends our gardens and chicken coops; I figure out ways to use all that he grows. I plan the menu, settle into the “sweet spot,” and then—just like at my restaurants—cook my heart out.

MARY SUE MILLIKEN is co-chef and co-owner of Border Grill in Los Angeles, Santa Monica, and Las Vegas. This is her first article for SAVEUR.

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ESSAY

Foie Gras Terrine With Plums and Bitter Almond

The visual aspect of a dish is so important; the shapes and colors and overall design have to strike the right mood and convey the right idea. The inspiration for this one came from my first visit to Japan, where I encountered umeboshi, these incredible salt-pickled plums. I instantly thought of foie gras; the tart and salty fruit would work so well with the liver's creamy richness. Plums are the last stone fruits of the season, and this dish is a celebration of them in all their forms: There's a smear of fresh plum purée, and dabs of dense plum wine gel, made by reducing plum wine and combining it with umeboshi vinegar, salt, and agar-agar. To add a luscious texture, there are soft rounds of gelée made from a plum consommé spiked with umeboshi vinegar. The gelée melts with the heat of your mouth because it's set with gelatin, which is easy to use: You soften sheets of it in cold water and add them to any liquid to set it. We also play off the plums by making a tuile and a crumble from bitter almonds, the inner seeds of the stone fruit, which have been processed to remove its toxins. It's important to use the whole fruit, pit and all. Minty shiso leaves and lily bulb petals echo the Japanese theme, and we serve marinated foie gras, not cooked, which works well with all these fresh ingredients. If you didn't want to make this entire dish, you could use a foie gras pâté or a terrine and simply garnish it with one or more of these plum preparations. —Daniel Humm

Edible Art

How one restaurant translates its craft for the home cook

We love Eleven Madison Park: The dining room, with its soaring windows and profusion of fresh flowers, is one of New York City's loveliest. The service is polished yet down to earth, and chef Daniel Humm's food is stunning, with a clarity of flavor that always makes us wonder how in the world he does it. So when we learned that he and general manager Will Guidara were writing the just published *Eleven Madison Park: The Cookbook* (Little, Brown and Company), we were curious to see how they would interpret their kitchen's

incredibly complex creations for home cooks like us. "One of the biggest challenges we faced was determining how to write the recipes," Guidara told us. "We wondered if people were actually going to cook from the book." The answer, they decided, was "yes-ish." They knew that more ambitious cooks would tackle recipes from start to finish, while others might execute just part of a recipe, swapping in simpler iterations of more complicated components. The authors were confident that both approaches would expand the home

cook's notion of the way flavor can be coaxing from ingredients. And we have to agree. There are so many lessons that can be learned by simply scanning the recipes or studying the photos in the book: from the way a chef can use a single ingredient in multiple ways, to how a novel approach to something as elemental as roasting beets can transform a dish. Eager to learn more, we spoke to Humm about the inspiration for his dishes and asked him for some tips on how to adapt his creations for enthusiasts at home. —The Editors

Lobster Poached With Fennel, Orange, and Persimmons

There's something about this poached-lobster dish with fennel, orange, and persimmons that evokes holiday cooking to me. Though it's a wintry dish, it's still bright and light and you feel good after eating it, thanks to the citrus and the licoricelike flavors of the fennel. We use many expressions of fennel: blended with potato, it's an earthy, rich purée; the raw fronds add a fresh, green note; and the braised version gives it a luscious, home-cooked feel, something people can connect to—you need that in any dish. We also prepare some of the fennel by vacuum-sealing it with olive oil and salt in a Cryovac bag and compressing the contents to infuse it with flavor. But you can certainly skip it here and include some raw slivers instead. After cooking the lobster, we poach it in a sauce of white wine, orange juice, cream, and butter. Just like salt and sour and sweet, you always need a bit of heat in a dish, so we add the chile powder piment d'Espelette to the sauce. We enhance the lobster flavor with a bit of lobster-roe oil, which we make by mixing the roe with canola oil, as well as a powder that we create by dehydrating the roe, and then grinding it in a spice mill. But you could simply warm the roe and brush it over the lobster before serving.

—D.H.

We poach the lobster in white wine, orange juice, cream, and butter. You always need a bit of heat in a dish, so we also add *piment d'Espelette*

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**Beet Salad With Chèvre
Frais and Caraway**

We've probably done ten different takes on the beet and goat cheese salad over the years. See, we're not trying to reinvent the wheel. There's a reason why we work with these combinations over and over again—they're classic. But here we're trying to serve it in a way that lets the flavors shine through even more. We use lots of different varieties: red beets, which are the sweetest; yellow beets, which have a more savory flavor, almost like a parsnip; and pretty pink Chioggia beets. They're tossed with olive oil, salt, and sugar, then roasted with red wine vinegar under foil so that the seasonings penetrate the skin. The vinaigrette is made with beet juice; we prefer it when the ingredients in a dish taste like what they are, when the flavors are more focused. We make an airy goat cheese mousse for textural contrast, but you definitely could just dollop some fresh, soft goat cheese on the plate. The garnish of caraway tuiles, a rye crumble, and fresh dill blossoms was inspired by the flavors of New York delis, which work so well with the beets and tangy cheese. And we season the dish with fleur de sel because it has that great crunch and lends a beautiful burst of flavor but it's not too salty. It's the sweet beets you taste, not the salt.

—D.H. 🐦

We use a lot of different varieties of beets: red, which are the sweetest; yellow, which have a more savory flavor, like a parsnip; and pretty pink Chioggia beets





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DINING IN THE BRITISH VIRGIN ISLANDS



YOU MAY HAVE COME for the ocean views, but it's the cuisine that's the surprising takeaway in the **British Virgin Islands**. American- and European-influenced menus are dotted with local specialties—and infused with local talent who are making this a destination of distinctive dishes.

Built upon ruins nearly 400 years old, the intimate and atmospheric **Sugar Mill Restaurant**, on Tortola's northern shore, consistently finds itself on travelers' "must go" lists—and for good reason. The menu changes nightly, featuring Caribbean-style comfort foods such as warm oyster gratin, leek-encased salmon and an Asian infused duck breast.

In Tortola, the **Dove Restaurant and Wine Bar** is known for its wine list—the largest on the island—and its trend-driven, French-Asian menu. Fresh seafood with unusual twists such as prawns with vanilla and jalapeno peppers is the catch of the day at this colorful waterfront cottage, located in the heart of the capital of Road Town.

At **Charlie's Restaurant** in the Moorings Mariner Inn & Hotel on Tortola, Head Chef **Imran Ashton** has created an Italian-inflected menu while using the freshest ingredients, which has made Charlie's Restaurant one of the best in the Territory. Chef Imran has worked with many notable chefs throughout his career including Chef Davide Pugliese, who encouraged him to apply for a scholarship to attend culinary school. He also received an apprenticeship under Master Chef Daniel Estaruuse and Pastry Chef Milan Smith at the Body Holiday Le Sport Spa in St. Lucia. While there, the owner of the famed River Café in London, Mrs. Ruth Gray, visited and offered Imran the opportunity to cook alongside her, which made a tremendous impact on his work.

On Peter Island, a 15-minute ferry ride from Tortola, **Tradewinds** offers a delicious range—from fine dining and a superb wine and spirits list to the more casual Deadman's Beach Bar & Grill. The prelude to either is a stop at Drake's Channel Lounge for some signature sipping: the "Landscape" cocktail, a fresh mix of Midori, mango and raspberry.

The open-air dining at **Pavilion** at Rosewood Little Dix Bay, on Virgin Gorda, presents an abundance of dining options and eye candy with its exceptional ocean views. The focus on local seafood—an exotic escabeche marinade or grilled to order—means you can indulge as you like, and with the weekly Grand Buffet, as much as you like.

When the sun sets on Virgin Gorda, the locals head to the **Mine Shaft Café** for its enviable perch in the hills overlooking the island's southeastern coast, and for the cocktails of award-winning mixologist Elton Sprauve. In the 2010 *Taste of the Caribbean Competition*, Sprauve won the silver medal in the "Overall Drink category" and "Most Creative Non-Alcoholic Drink category." He is now sharing the recipe to one of his mouth-watering specialties, "Bloody Conch-Coction."

British Virgin Islands Bloody Conch-Coction

2 oz. clamato juice
2 oz. conch broth
a sprig of chopped fresh basil
a sprig of chopped thyme
crushed iced
salt & ground lemon pepper, to taste
dash of Worcestershire sauce
garnish with a skewer of conch & lime

method:

In a cocktail shaker, blend clamato juice and conch broth, add chopped fresh basil, thyme and crushed ice, and then muddle with a pestle.

Next, add salt and ground lemon pepper, to taste, shake in a few drops of Worcestershire sauce.

Cover and shake the drink vigorously and strain into a goblet.

to garnish:

Skewer, alternating 3 stewed conch chunks and fresh lime wedges, grill or broil briefly.

Place the skewered, grilled conch over the top of the goblet.



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How Sweet It Is

This casserole is a Thanksgiving tradition worth upholding

BY LESLEY PORCELLI

TRUTH BE TOLD, I used to shudder at the sight of the sweet potato casserole that appeared on our table each Thanksgiving. It was made with canned “candied yams,” which were mushy and syrupy-sweet (sorry, Mom), and blanketed in an airtight layer of mini marshmallows. No one much cared for it. But in our Italian immigrant family, where we started the Thanksgiving meal with homemade pastina-and-cardoon soup, that casserole somehow seemed like a dish that had to be there, as if to prove that we were doing the holiday right.

In the '90s, when we started buying sweet potatoes raw and roasting them, the vegetable's pure, earthy flavor came as a revelation, and dressed-down sweet potatoes, simply roasted, supplanted that sticky-sweet casserole in our Thanksgiving program. But I love sweet potatoes; I love marshmallows. Couldn't the two work well together somehow? I figured a little research might help me find a way.

I learned that long before they donned their marshmallow hat, sweet potatoes were a fixture in the American diet. Early colonists found native people burying the tubers in the embers of fires and then peeling away the skin to eat the smoky flesh. Throughout the colonial era sweet potatoes were a staple in the South, but they remained a rarity up North until well into the 19th century. Sometimes the sweeter varieties were referred to as “yams,” though it was acknowledged even then that a yam is actually a different root, native to Africa and Asia. African slaves, recognizing the sweet potato as the closest thing on these shores to the yams they knew, called them by the same name and embraced them in their cooking, further expanding the American sweet potato repertoire.

As sweet potatoes caught on in the North, they quickly became associated with Thanksgiving: An 1887 issue of *Godey's Lady's Book*, published out of Philadelphia, lists among its Thanksgiving “receipts” a sweet potato pie to be served either during the main part of the meal or as a dessert. And when the first edition of the *Boston Cooking School Cookbook* was published in 1896, it contained a recipe for another dish that was gaining in popularity: glazed or candied sweet potatoes, served as a side dish.

Then, a couple of decades later, sweet potato cookery got even sweeter. During the intervening years, mass production made marshmallows, formerly a penny candy painstakingly produced by hand, more widely available. In 1917, the marketers of Angelus Marshmallows hired Janet McKenzie Hill, founder of the *Boston Cooking School Magazine*, to develop recipes for a booklet designed to encourage home cooks to embrace the candy as an everyday ingredient. It featured plenty of instant classics, including fudge studded with chewy marshmallows; cups of hot



cocoa dotted with them; and, yes, the first documented appearance of mashed sweet potatoes baked with a marshmallow topping.

Right away, Americans divided on whether that was a good thing. Southerners appeared to respect sweet potatoes too much to pair them with candy. “Most of the receipts direct you to...embellish with marshmallows,” wrote Harriet Ross Colquitt in a recipe for candied sweet potatoes in *The Savannah Cook Book* (J.J. Little and Ives, 1933), but she made it clear that she considered her unembellished dish “far, far nicer.” Northerners, by contrast, embraced marshmallows as the latest innovation. In a 1929 issue of *Ladies' Home Journal*, Caroline B. King, a native of Chicago, raves about a version she tried in Virginia, yet she can't help but interject her presumably more cosmopolitan ideas. Describing the twice-baked sweet potatoes loaded with butter, cream, paprika, and

LESLEY PORCELLI is a freelance writer and recipe developer based in Syracuse, New York. Her most recent article for *SAVEUR* was “The Soft Approach” (October 2011).

Sur la table

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chopped pecans, she muses, "I find that a topping of halved or quartered marshmallows... improves even this luscious dish."

The 1930s marked the apex of the combination, celebrated in a recipe booklet from the marshmallow company now called Angelus-Campfire, titled "How Famous Chefs Use Campfire Marshmallows." It features dozens of marshmallow-laden dishes, including six different sweet potato ideas, as well as then-trendy combinations like cottage cheese with marshmallows and marshmallows and fruit chunks skewered on toothpicks. One wonders if it was keeping company with these sorts of dishes that made the marshmallow-topped sweet potato casserole seem so dated a few decades later.

STILL, IT WOULD BE A shame for this dish to fall by the wayside as a casualty of culinary snobbery. I decided to treat my sweet potato casserole with the same thoughtfulness I apply to the rest of the Thanksgiving meal. I seasoned it carefully, tasting as I went, sometimes heightening the sweetness with maple syrup or brown sugar or providing balance with roasted pecans or chunks of salty bacon. The addition of eggs, I found, makes for a nice, custardy texture.

In the past, I'd made the mistake of treating the tubers like regular potatoes: skinning and boiling them before mashing. But when it comes to sweet potatoes, this method produces a waterlogged, mushy texture, and it dilutes the flavor, too. I learned from several old recipes the trick of boiling them in their skins, after which the flesh slides easily from the peels. Still, boiling the potatoes whole means the narrower ends and the centers cook unevenly.

Roasting the sweet potatoes in their skins eliminates that problem and has the added benefit of intensifying their sweetness. Many Southern recipes recommend rubbing the skins first with butter or bacon fat, which certainly adds richness and flavor, but simply scrubbing the skins clean and pricking them all over produces excellent results: Ninety minutes at 425 degrees yields tender, sweet flesh that slips right out of the skin (though you might find that very large potatoes need a little bit more time). Many recipes recommend a potato masher, but sweet potatoes have a fibrous texture that clumps and shreds if mashed by hand. A ricer or food mill makes for the best, smoothest casserole.

The sweet potato casserole I now make synthesizes elements from various stages in the dish's evolution. Taking a cue from Southern cooks who top their casserole with pecans, I top mine with a pecan crumble made with oats, flour, butter, brown sugar, and salt, which

provides the right sweet-savory crunch. That would be delicious enough, but to me it's just not complete without marshmallows: They're such a nice, airy counterpoint to the rich and earthy potatoes. I use them sparingly, as they were in the original recipe from 1917, which allows a large surface area of each marshmallow to crisp in the oven. It may not be how Mom used to make it, but it's a dish I truly love—and not just out of nostalgia. 

SWEET POTATO CASSEROLE WITH PECAN CRUMBLE

SERVES 6-8

This is an especially festive, over-the-top take on the classic Thanksgiving casserole (pictured on page 43), topped with a crisp pecan crumble and dotted with marshmallows.

FOR THE FILLING:

- 3 lbs. sweet potatoes
- $\frac{1}{2}$ cup packed dark brown sugar
- 6 tbsp. unsalted butter, melted
- $\frac{1}{4}$ cup heavy cream
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- $\frac{1}{2}$ tsp. freshly grated nutmeg
- $\frac{1}{2}$ tsp. kosher salt
- 2 eggs, lightly beaten
- 1 1" piece ginger, finely grated
- Freshly ground black pepper, to taste

FOR THE CRUMBLE TOPPING:

- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ cup packed dark brown sugar
- $\frac{1}{4}$ cup finely chopped pecans
- $\frac{1}{2}$ tsp. kosher salt
- 5 tbsp. unsalted butter, cubed and chilled
- $\frac{1}{4}$ cup mini marshmallows

1 Heat oven to 425°. Place sweet potatoes on a parchment paper-lined baking sheet and bake until soft, about 1½ hours; let cool for 30 minutes, and then remove skins. Pass potatoes through a food mill into a large bowl; stir in sugar, butter, cream, vanilla, cinnamon, nutmeg, salt, eggs, ginger, and pepper. Pour mixture into a 1½-qt. baking dish and smooth top; set aside.

2 Reduce oven temperature to 350°. Stir together flour, oats, sugar, pecans, and salt in a bowl; add butter and, using your fingers, rub butter into flour mixture until large crumbles form. Mound crumble mixture over filling, dot with marshmallows, and bake until filling is hot and crumble and marshmallows are browned, about 30 minutes. Let cool for 15 minutes before serving.

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REVIEW

French Twist

Dominique's brings new creativity to New Orleans

BY JOHN MARIANI PHOTOGRAPHS BY CHRIS GRANGER

I FIRST ENCOUNTERED Dominique Macquet's cooking in New Orleans in 1997, shortly after he'd opened his namesake restaurant in the French Quarter's Maison Dupuy Hotel. The young chef—who hailed from Mauritius, the tiny island nation off South Africa's eastern coast—had been cooking in New Orleans for just two years, and his success signaled a new sense of openness in this tradition-bound city. Instead of crawfish remoulade, oysters Rockefeller, and other rich, cream- and roux-based Creole classics, Macquet served the likes of baby conch ceviche with a crispy papaya relish, and yellowtail snapper on a banana leaf with a fricassee of rock shrimp and hearts of palm. The city had never seen a chef like him.

Nearly a decade later came Hurricane Katrina, and, along with many other great New Orleans restaurants, Dominique's was

destroyed. Macquet packed up his knives and moved to Houston. Every time I went back to New Orleans, I missed Dominique's, but I was inspired by how the dining scene was rebounding. Now, six years after Katrina (and despite the population being 29 percent smaller), there are more restaurants here than ever before, and more creative cooking going on inside many of them (see "New and Notable in New Orleans" on page 48). The time was ripe for Macquet to return and reopen Dominique's, which he finally did late last year—this time, not in the French Quarter, but just beyond the Garden District in the Uptown neighborhood on Magazine Street, which has become a trendy restaurant row.

My first trip back, I fell into the casual, comfortable energy of the place: inside the 19th-century shotgun home that houses the restaurant, the tables and the bar in back were

packed with regulars from the neighborhood, couples, groups of friends. The interior echoes both the elegance and rollicking bonhomie for which New Orleans restaurants are famous; there are linens on the tables, candles everywhere, and in good weather seating spills out onto a breezy patio in the front yard.

Macquet's cooking seems more highly personalized now, meant for a crowd who come here not to get away from the Creole dishes they already love but to taste them in fresh, new incarnations. Indeed, Macquet seems to be embracing the spirit of the city's cuisine like never before, and blending it with his own. Case in point: He pan-fries Gulf drumfish and serves it crisp and moist, with a finely textured

JOHN MARIANI is the restaurant critic for *Esquire* and author of *How Italian Food Conquered the World* (Palgrave, 2011).

From left: A string of lights illuminates the patio of the Uptown cottage where Dominique's is located; the restaurant's dining room.



risotto made from local corn and mirliton (also known as chayote squash); it's bright with lime and grapefruit and a Scotch bonnet chile mojo sauce. Nothing in that dish strays far from Creole-Caribbean traditions, but the combination is wholly surprising and wholly Macquet's.

Macquet is French, and growing up in Mauritius he absorbed a local food culture built on tropical ingredients and spices used there—ginger, cinnamon, star anise, mace, nutmeg. His initial move to New Orleans came after culinary wanderings through South Africa (he counts as his proudest moment cooking the first meal taken by Nelson Mandela after his release from prison), Southeast Asia, England, the *QE2*, and the kitchens of the Four Seasons in Beverly Hills. At Dominique's, Macquet seems to draw on all of these experiences, as well as a deep, abiding love of New Orleans and its terroir.

That means that you may start your meal with a gratin of Gulf oysters dotted with andouille sausage, or a shooter of shrimp and kaffir lime "cappuccino." Macquet's duck and port terrine with a kumquat gastrique telegraphs his classical training, while lightly pickled sweet Royal Red shrimp with Vietnamese cilantro, lime, and habanero peppers comes straight from his romps through Asian kitchens.

One night, I reveled in a dish of juicy duck with a parsnip and porcini puree, cracklings, crisp-fried arugula, and a sauce that tasted like the essence of tangerine—a brilliant reworking of the classic duck à l'orange. Another time, it was a superb grilled pork chop with

New and Notable in New Orleans

A number of young chefs like Dominique Macquet have boldly challenged New Orleans' status quo with menus that balance the best of what's traditional in the city's kitchens with an excitement for what's new in American gastronomy. At **Stanley**, Scott Boswell is serving some of the city's best po' boys, including one filled with Korean barbecued beef and housemade kimchi, while at his remodeled **Stella**, with its posh silver-gold colors and tufted banquettes, he's offering spicy Asian chili prawns, duck "five ways," and a grilled cheese sandwich of creamy *Délice de Bourgogne* and chocolate ganache with huckleberry port sauce for dessert. John Besh's restaurant, **Domenica**, is classic, trattoria-style Italian: executive chef Alon Shaya is wowing the city with creative pizzas, pasta verde with braised oxtail ragu and fried chicken livers, and a housemade salumi that uses Mangalitsa pork from hogs raised just north of the city. At the elegant **Grill Room**, at the Windsor Court Hotel, chef Drew Dzejak takes Gulf yellowfin tuna and makes a Hawaiian-style poke with yuzu gastrique. His "nouveau bananas Foster" comes as three cylinders of brûléed bananas lavished with vanilla cream. **Sylvain**, chef Alex Harrell's year-old bistro, features dishes like crispy duck confit with Vidalia-infused creamed black-eyed peas and bourbon mustard. And at **Café Adelaide**, run by Ti Martin and Lally Brennan (who also oversee their family's Commander's Palace), chef Chris Lusk adds wonderful refinement to dishes like parmesan biscuit-panéed grouper with summer squash, sweet garlic, oven-dried tomatoes, and a lobster-prosecco velouté. (See THE PANTRY, page 111 for contact information.) —J.M.

black kale and pork confit, grilled pumpkin, and chile oil, the fat-rich, bitter, and sweet flavors in impeccable balance.

It's a menu that's at once classic and innovative—and pastry chef Brenda Howlin's desserts are both: traditional *île flottante*, that cloud of meringue with rich crème anglaise; goat's cheese cake with toasted nuts and honeycomb harvested a few blocks away; *panna cotta* flavored with lemongrass. The service leans to effusive Southern hospitality with a sophisticated cast: on each visit, servers steered me toward a few gems on the moderately priced wine list, which includes more from South America, Spain, and Portugal than you usually find in New Orleans, and creative cocktails, with housemade fruit liqueurs that complement Macquet's cooking.

To me, the new Dominique's represents a

new phase of New Orleans dining, and a new breed of nonnative chefs who have greatly expanded the city's highly traditional, sometimes stultified Creole repertoire. And, the city seems to be loving it: Macquet is opening an Asian-inspired Tamarind this winter, and plans to move Dominique's to a larger location on Magazine Street come spring.

A talent like Macquet's would find haven in any city, and he might well have stayed in Houston after Katrina drove him there. So it is to his credit and a testament to New Orleans' indomitable nature that the two of them have reunited at a moment when the good times are rolling once again. 🍷

DOMINIQUE'S ON MAGAZINE 4729 Magazine Street (504-894-8881; dominiquesonmag.com). Dinner only, Tuesday-Saturday.

From left: Dominique's take on oysters Rockefeller, made with puréed celery root, kale, and andouille sausage; bartender Roy Sell mixes drinks at the bar.



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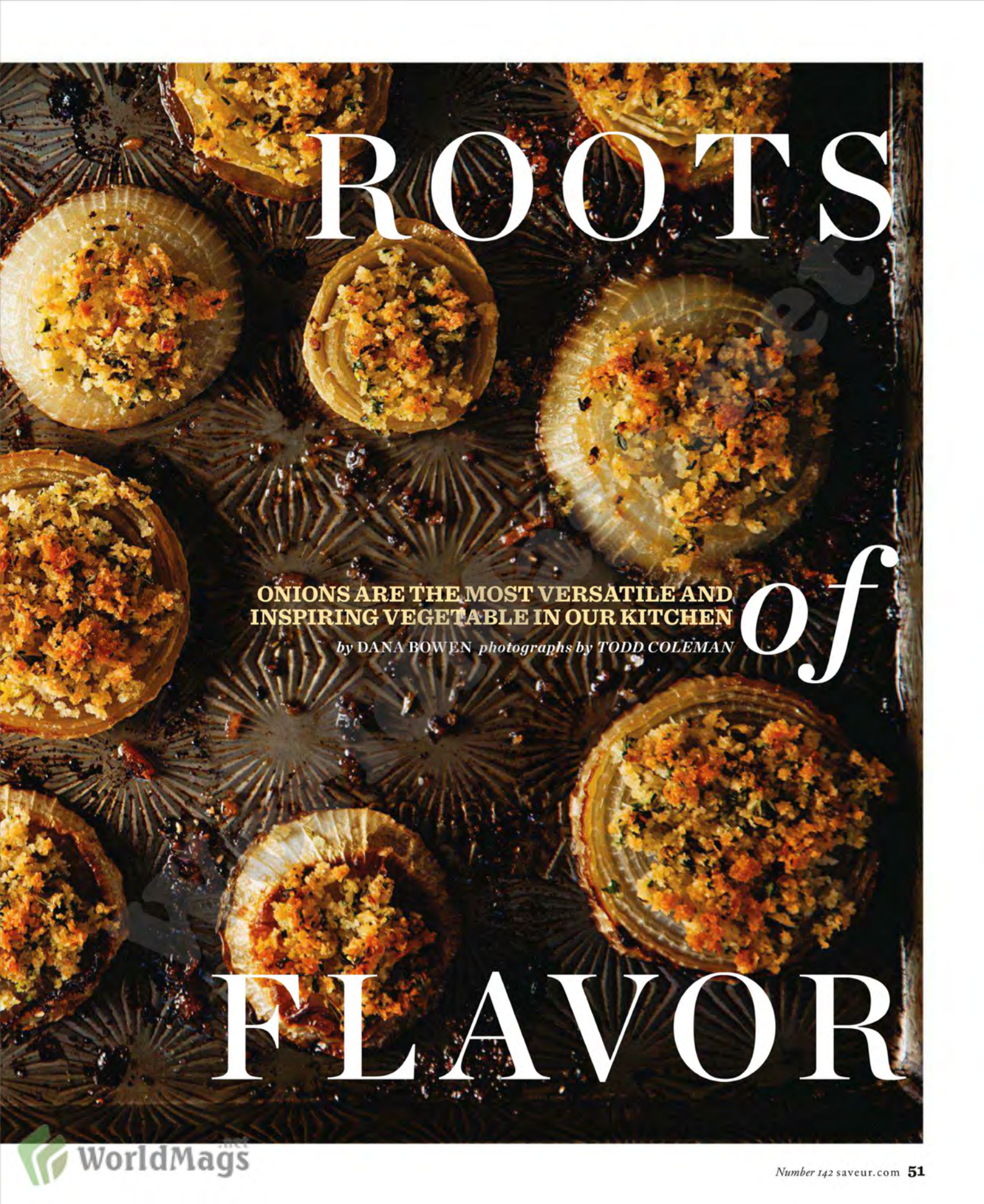
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Roasted Vidalia onions with herbed bread crumbs (see page 68 for recipe)



ROOTS

ONIONS ARE THE MOST VERSATILE AND
INSPIRING VEGETABLE IN OUR KITCHEN

by DANA BOWEN photographs by TODD COLEMAN

of

FLAVOR



A six-onion pizza at Area Four restaurant in Cambridge, Massachusetts (see page 68 for recipe)



Chicken and onion tagine (see page 66 for recipe)

The Raw Appeal

"I can easily make a whole meal of onion sandwiches," James Beard wrote in his book *Beard on Food* (Bloomsbury USA, 1974), referring to raw sweet Spanish onions on homemade bread, with plenty of butter and salt. Indeed, many sweet varieties of onions are so mild that they are delicious in the raw, tossed into salads, layered atop burgers, and added to anything that can benefit from their bright, juicy crunch. But it's not that sweet onions actually contain more sugar; they just have fewer of the sulfuric compounds that make other varieties sharp and spicy. It's in the vegetable's raw state that the variations between types are most apparent. Onion cells contain sulfuric compounds and store an enzyme called allinase; when the whole onion's cell structure is disrupted by slicing and chopping, new, highly volatile sulfurous molecules are created, which give raw onions their bite and cause cooks to break out in tears. Some people believe that these harsh compounds can upset stomachs, and will salt and rinse, or simply wash onions before serving them raw or cooking with them. Kitchen scientist Harold McGee, in *On Food and Cooking* (Scribner, 2004), backs up that claim: He urges readers to wash sliced onions to rid them of sulfuric compounds that cling to their surface and become more intense with exposure to air. —D.B.

THERE'S A SMALL TABLE in my kitchen that holds a huge basket of onions: the big, juicy red ones I slice for salads; the amber, satiny supermarket ones, still in their red fishnet bag; a handful of flat cippoline from the farmers' market, each one the size and a shape of a doorknob. There are always purple-tinged shallots in the mix, and if you dig around, you'll probably find a few pearl onions left over from the last time I made *cog au vin*.

Just looking at this basket makes me feel like cooking. A roast chicken, one with lots of quartered onions to catch the drippings; or burgers, pan-fried into a heap of slivered onions that have turned crisp and brown. Or those cippoline, caramelized in a curry until their insides are like butter. As long as this basket is full, there is always something delicious to eat.

I recently encountered one of the prettiest onions I've ever seen on my friend Shannon's kitchen counter in upstate New York: It was pale yellow, about the size of a grapefruit, but tapered at the top and covered with a thin sheath of papery skin. It felt great in my hand—heavy and solid—and when she sliced into it, it nearly burst with sweet, spicy juice. Shannon, a fantastic cook from South Carolina, had the good sense to drench those slices with olive oil and throw them on the grill as she was cooking steak; when they came off, they were glossy tangles, creamy and luscious, the perfect accompaniment to the grilled meat.

It occurred to me, eating that exquisite onion, just how much I take these bulbs for granted. I can name a dozen different heirloom tomatoes or apples I've sought out over the years, and I can tell you which ones are best for what recipes, but not so when it comes to this ingredient that works so hard in my kitchen. Aside from the sweet Spanish onions you find at any supermarket, and the Vidalias from Georgia and mild Walla Wallas from Washington State that make a seasonal appearance each summer, I don't know much about onion varieties, their season, or how they're grown and stored. Why was this onion, which Shannon received in her CSA box from a local farm, as juicy as the young, waxy-skinned onions with

green tops that I buy at the farmers' market each spring? What made it so unbelievably delicious?

A FEW WEEKS AFTER THAT late summer dinner at Shannon's, I was standing in Andy Szymanowicz's greenhouse on a farm in the hills of Ancramdale, in New York's Hudson Valley. I had tracked the 32-year-old farmer down through Sol Flower Farm, where Shannon gets her produce, and through chefs in the area who swore by Szymanowicz's organically raised onions. Two long tables set up on cinder blocks were covered with thousands upon thousands of them, skins caked with dirt and stems shriveled dry. The air was heavy with wet earth and raw onion.

"Onions aren't easy," the farmer told me. "They're slow growing, so I plant different varieties to be ready at different stages of the season." Early in the spring, he sells

AS LONG AS THERE ARE ONIONS IN THE HOUSE, THERE IS ALWAYS SOMETHING DELICIOUS TO EAT

varieties that are pulled when their stems are still green and their bulbs are glossy and white. Come summer, he harvests sweet varieties that have developed a tougher skin and can be stored for short periods, like the ones I fell in love with at Shannon's house, an heirloom called Ailsa Craig. By the time I made it to his farm, those were gone, and he was curing onions, drying them out in that greenhouse so they will last through the winter without getting moldy or soft—standard practice for storing onions. Still, these looked nothing like the small red or yellow ones you get in two-pound bags at the supermarket, the kind that dominates the onion industry in this country. "These are Red Bulls," he said, pulling off a few purple leaves from a specimen that could have easily weighed a pound on its own. "They're my best red storage onion."

If you take a look at any seed (continued on page 60)





Creamed onion gratin (see page 66 for recipe)

Global Flavor

Onions are one of the world's most ubiquitous vegetables: The species *Allium cepa*, which belongs to the vast amaryllis family, is cultivated everywhere from China to Africa (at left, a farmer waters onion plants in Mauritius) to the United States. In the U.S., some 1.3 billion pounds are harvested each year; California ranks as the country's largest producer (Idaho, Oregon, Washington, New York, Michigan, and Wisconsin are runners-up). Different varieties of bulb onions date back to ancient times; in fact, Alan Davidson's *Oxford Companion to Food* notes that it was a particularly mild white variety called *unio*, meaning a single white pearl, that gave rise to the word *onion*. Though shoppers can find different varieties of onions year round, they are a seasonal crop. Onions planted in the fall are the first to arrive in late spring; they're sold with green stems and should be eaten within a few days of buying. During the summer, varieties with a longer shelf life and a thin skin start coming to market, though they should still be eaten as soon as possible because they have a high water content. It isn't until late summer that low-moisture varieties that are cured—placed in a dry, airy space until their skin turns hard, which traps in their juices—come to market. Storage onions last around eight months, just in time for the next batch of spring onions to arrive. —D.B.





Yucatecan pickled red onions (see page 66 for recipe)



Onion and poppy seed bialys (see page 66 for recipe)



Onion and bacon tart (see page 68 for recipe)



Lamb and onion curry (see page 66 for recipe)



Pearl onions come in many colors and varieties; great for boiling and pickling.



Bianco di maggio are Italian heirloom cipolline with white, sweet flesh.



More demure than European varieties, Thai shallots are great for spice pastes.



Spicy yellow storage onions, or common onions, are workhorses of the kitchen.



Italy's famed, zesty Tropea lunga turn fragrant and luscious when grilled.



Teardrop-shaped owas are slightly spicy and excellent for sauce bases.



Baby red Creole onions are so named because of their surprising spice.



Mayan sweets are fresh, juicy mild onions available in the States in fall and winter.

Grill or pickle tender, fresh torpedo onions, which have a concentrated sweetness.



Texas sweets are descendants of Bermuda onions, brought here in 1898.



Cipolline onions are flat Italian varieties that turn buttery when roasted.

The supersweet candy hybrid is the ideal dried onion for caramelizing.



Large Red Bull onions keep longer than most dry onions and have a muted spice.



Inca sweet is a mellow variety from Peru sold fresh in the States during the winter.



French gray shallots are coveted by chefs for their creamy texture and refined flavor. Use them in vinaigrettes.



Insanely sweet Walla Wallas are available in the summer from Washington State; you can eat them like apples.



The sweet Siskiyou onion is harvested in the Pacific Northwest, sold fresh in summer, and is best raw.

Small, spicy turbo onions are a new storage variety with great heat.

Stuttgarters are classic dried yellow cooking onions often grown as pearls.

Late-season copras are surprisingly juicy and large for storage onions.

Heirloom red Wethersfields were grown by Thomas Jefferson, who loved their sweetness.

White granex is a cousin of Vidalia, a popular sweet onion from the South.

Since the 1880s, Australian browns have been prized for their pungent flesh, which is flavorful cooked.

Red baron is a smallish, popular red storage onion with pronounced sharpness.

Maui onions grow on the dormant Haleakala volcano; they're ideal raw.

Red zeppelin are intensely oniony for reds; a popular hybrid for storage.

Red burgermeisters were bred to be sandwich onions. Sweet, with great crunch.

Often harvested young, Paris silver-skins are white, crisp, mild, and great for pickling.

French shallots have more spice and heat than Asian varieties. Excellent for sauces.

Crystal white wax is a mild, common pearl that retains its shape when cooked.

Jet set is a spicy small yellow onion that arrives early in the season.

Flat of Italy are heirloom Italian cipolline, ideal for roasting agrodolce, in a sweet-sour glaze.

Giant red hamburger is an aptly named variety that's sweet and juicy and big as a bun.



The Sweet Spot

Cooking an onion transforms the vegetable's chemical composition; slowly cooking it in fat until it is a rich golden brown renders it far sweeter than when raw. "New compounds are formed," writes Shirley Corriher in *CookWise* (William Morrow and Company, Inc., 1997). "Some of the compounds that form in onions are even sweeter than sugars." It's all part of the process of caramelization, which is actually quite a complex one. Starches are breaking down into sugars, and the sugars themselves are breaking down, with disaccharides splitting into simpler, sweeter monosaccharides. The onions' moisture evaporates, too, concentrating its newfound sweetness. Cell walls break down and the vegetable loses its shape, collapsing into a soft, jam-like consistency. Another of the many processes at work while onions sauté is the Maillard reaction, wherein the onion's carbohydrates and proteins interact with the sugars to create a deep brown color and rich, umami-packed, almost meaty flavor. (Butter is the medium of choice for caramelizing onions, since its own proteins facilitate the process.) The goal is to caramelize gradually, at a low enough heat and stirring often, so that the sugars don't brown too much, which would result in a toasty, roasted, or grilled onion flavor rather than a concentrated sweetness. —D.B.

(continued from page 54) catalog, you'll notice lots of onion varieties you've probably seen but never heard of—Australian brown, Tropeana lunga, red Welsh, copra, and these Ailsa Craigs, a variety developed in the late 19th century by a Scottish farmer to compete with the sweet Bermuda onion, which was all the rage at the time. Until the seeds of Bermuda onions were shipped to the States in 1898, and until hybridizing technology in the 1920s allowed for botanists to develop sweeter varieties of onions that could grow in cool climes, the bulb onions most Americans knew were the sharper-flavored ones that grew in the Northeast, which were descendants of varieties brought over from the Old World by early colonists.

The kind of onions we're talking about here are bulb onions belonging to *Allium cepa*, a species that's been cultivated since ancient times and now is grown around the world. *Allium cepa* includes scallions, also called green onions; they're essentially onions that have not yet developed their bulbs. The same species also includes pearl, boiling, and baby onions, which, interestingly, aren't just smaller varieties (though some have been selected not to get too big) or ones harvested before they've matured. They're *Allium cepa* sowed in densely planted patches, so that they don't have room to grow any bigger than large gum balls. Shallots, which can resemble garlic but contain just a couple cloves, are a variety of *Allium cepa* called *ascalonicum*; there's a larger, sharp flavored variety popular in French cooking and a smaller, sweeter one that's the allium of choice in southeast Asia. Garlic, leeks, chives, and ramps all belong to different branches of the *Allium* family tree.

What distinguishes *Allium cepa* from those other types are their bulbs—essentially swollen leaf bases containing energy in the form of sugars, which help the plant shoot up a stalk for a new plant the next season. It's what's inside those leaves that make onions so important in the kitchen: They contain volatile compounds that drastically change when the bulb is sliced and exposed to air, heat, and other elements. "The key to the onion family's appeal is a strong, often pungent, sulfury flavor whose original purpose was to deter animals from eating the plants," writes Harold McGee in *On Food and Cooking* (Scribner, 2004). In one of the best descriptions of the science of onions written for

cooks, McGee explains that the onion takes up sulfur from the soil, and the sulphuric compounds it forms float in the cell fluid until they are, via cutting and cooking, unlocked by the cook (whose first response may be shedding tears, a reaction to sulfur gasses, which can be reduced by chilling the onions for 30 minutes before slicing them).

The fact that onions take their sulfur from the soil explains why certain regions produce sweeter, or milder, onions than others. Vidalias, Texas 1015s, and Mauis do not refer to specific cultivars; they're all white or red grano or granex types, sweet onion varieties that are grown in, and often named for, regions where the sulfur content of the soil is low. Sweet onions are usually sold fresh for short-term storage; the spicier ones, which tend to contain less juice and therefore have a longer shelf life, are cured and stored.

Nowadays, there are thousands of cultivars that range in

TO ME, NO ACT OF COOKING IS AS PLEASURABLE AS CARAMELIZING ONIONS TO SWEETNESS

color (brown, yellow, red, white), flavor (sweet, spicy, mild), shape (globes, teardrops, torpedos), and adaptability to different growing conditions (see "Global Flavor," page 56). Every region has its onions; every onion, its terroir.

ONCE YOU REALIZE THAT ONIONS contain such a complex mix of sugars and aromatic compounds, it's easy to see why they provide the foundation of flavor to so many of the world's cuisines. It's the transformative nature of these elements in onions that makes them among the most versatile, and inspiring, ingredients in the kitchen.

When I was learning to cook in my Italian-American family, dinner always began with onions (and often garlic) sweating, or cooking over low heat, in olive oil. Back then, I never thought about what was happening on a chemical level—that the sugars in (continued on page 64)



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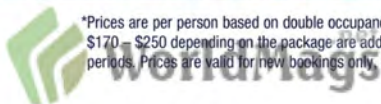
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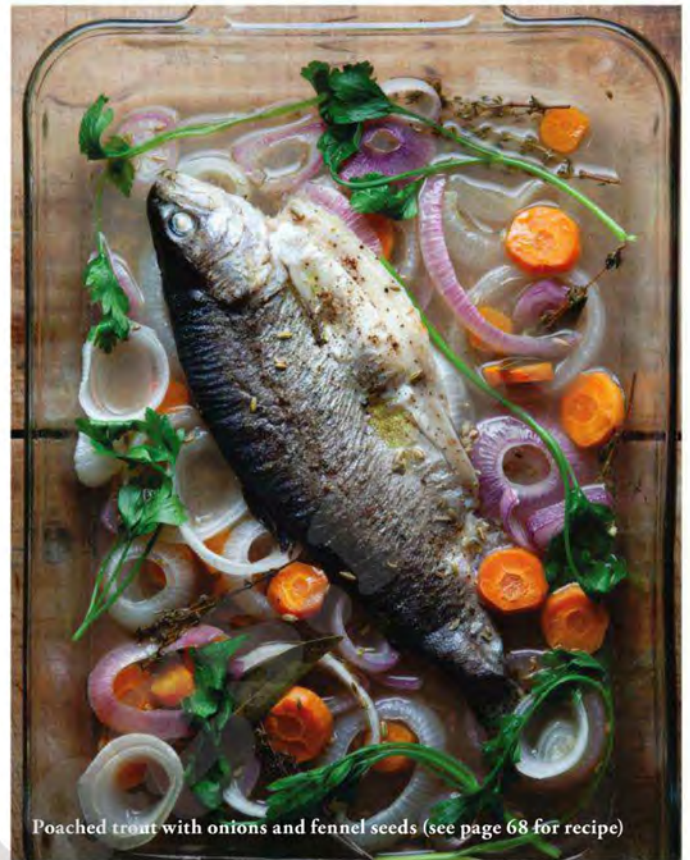




Beer-battered onion rings (see page 66 for recipe)



Vermouth-spiked cocktail onions (see page 69 for recipe)



Poached trout with onions and fennel seeds (see page 68 for recipe)



Parsley and onion salad (see page 68 for recipe)



Homemade French onion dip (see page 68 for recipe)

Fried Perfection

All around the world, cooks fry sliced onions or shallots to a crisp to use as an intensely flavorful condiment. In Egypt, the national dish, *koshary*—a mix of rice, lentils, pasta, and vegetables—is topped with a layer of fried onions, and in traditional Eastern Europe Jewish cookery, onions fried in chicken fat are beloved in everything from *kasha varnishkes* to potato latkes. Across Asia, it's shallots that tend to be fried; they have a milder flavor than onions, and less juice, so they crisp up easily. In Vietnam, for example, fried shallots are sprinkled into soups and rice dishes. What's happening with fried onions isn't simply caramelization taken to the next step; cooking at a higher heat, the sugars on the outside are browning, leaving some of the flavor and juice inside the onion. "You want to slice them thinly, but not so thin that they cook too quickly and run the risk of them being bitter," says Serge Madikians, the chef and owner of Serevan restaurant in Armenia, New York. An Armenian raised in Tehran, he grew up eating fried onions sprinkled over the classic Iranian soup *ash reshteh*. He makes an important point: Whether it's shallots or onions you're frying, remove them from the oil as soon as they turn golden, as they continue to cook and crisp after they're pulled from the oil.—D.B.

(continued from page 60) the onions were turning even sweeter because of the heat; that the oil would carry the flavor of the onions throughout the rest of the dish—but as I started reading cookbooks, it became clear that cooks take pains to describe exactly how onions should be cooked: translucent, or golden, or browned. When I was working on a cookbook with the Venetian chef Mara Martin years ago, she would correct me while I was translating her recipes. "Browned is too much!" she insisted—but gold was not enough. "Abbronzate," she'd say in Italian. Bronzed. It's the difference between what the Italians call a *battuto*—a base of onions, with celery, carrots, and other seasonings that's briefly cooked in the beginning stages of a soup, a sauce, a risotto—and a *soffritto*, where the onions are taken to a deeper level of gold. All across the globe, cooks start dishes this way: There's the French *mirepoix* of onions, celery, and carrots; the Cajun trinity of onions, peppers, and celery; the way southeast Asian cooks start curries and other dishes by slowly cooking a spice paste made with aromatics and lots of minced shallots; or how Middle Eastern cooks sweat onions in fat and then add dry spices. When I was in Morocco I learned to start a tagine by cooking onions with saffron in a pan and then transfer them to the oven, where their flavors mingled as they stewed with other ingredients, like chicken and olives and lemons.

Sweating is only one way that cooks manipulate onions. When I was working in restaurants, it was always someone's job to come in early in the morning to slice a huge bagful of onions and stir them over low heat with lots of butter until they were caramelized. Again, I didn't know then that the sugars were intensifying and the cell walls were breaking down, but I knew some sort of magic was happening, causing these sharp, raw onions to turn into a kind of luscious onion essence we stirred into risottos, dolloped into soups, slathered onto bruschetta and pizza and more. This was the '90s, when caramelized onions were in everything—for good reason, I'd argue. To this day, they are the secret weapon in my kitchen, and I often make them without any particular recipe in mind. To me, caramelizing onions is one of the most pleasurable acts of cooking, the standing and stirring and staring into the pot, inhaling the subtle changes in aroma from sweet to sweeter. When I've

finished, I'm not far from onion soup, onion-topped bialys, French onion dip, or any number of delicious things.

The way different cultures work with onions is a testament to the bulb's overwhelming versatility, not to mention the creativity of cooks. Onions have a history of being pickled, or added to pickles, because the flavonoid compounds they contain are natural preservatives, which may explain why dishes like *escabeche*, the marinated fried fish dish that originated in the Mediterranean, is literally swimming in onions. When onions themselves are pickled, the flavor of the brine penetrates the bulb, which is why I love making my own cocktail onions with fresh thyme and vermouth.

Raw onions are an altogether different pleasure. When I get lunch at my favorite Punjabi place in Manhattan, called Minar, I love that I'm handed a tinfoil-wrapped square of onion slices; they're a refreshing foil to the spicy, stewed foods. That burst of bright flavor is the same thing that makes onions in salads and tacos and gyros so fantastic.

On the other end of the spectrum are fried onions. One of the best culinary lessons I've picked up from our editor-in-chief, James Oseland, is crisp-frying shallots until they take on an almost meaty sweetness to make a condiment called *bawang goreng* in Indonesia. In the office, we sprinkle them into soups, curries, stir-fries, and bowls of rice. I am a sucker for good onions rings, too, though they have a cushion of batter, so the onion itself has a lighter flavor, more akin to how it tastes when boiled or braised.

WHEN I SAID GOOD-BYE to Andy Szymanowicz at Sol Flower Farm, he handed me a bunch of heavy Red Bull onions by their stalks and told me to enjoy. I felt compelled to find the right dish for these beautiful onions, and asked the farmer what he liked to do with them. "I love them caramelized and sautéed with kale," was his answer.

In the past, I would never have thought to caramelize red onions: roasting with a topping of bread crumbs, yes; sautéing with zucchini, sure. But if I have learned anything about onions it is this: While I might not want to put a sharp super-market onion on my sandwich, when it comes to cooking, it doesn't much matter which you use. Onions rarely let you down, especially the good ones. And my dinner that night was fantastic. 🍷





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Beer-Battered Onion Rings

SERVES 6-8

A flavorful batter infused with honey, paprika, and lager beer is the secret to these crunchy onion rings (pictured on page 62).

- 1½ cups flour
- ½ cup cornstarch
- 1½ tbsp. hot paprika
- 1 tbsp. dry mustard
- 1 tbsp. baking powder
- 1 tbsp. kosher salt
- 2 tsp. honey
- 1 12-oz. lager beer
- Canola oil, for frying
- 2 large yellow onions, cut crosswise into ½"-thick slices and separated into rings

1 In a large bowl, whisk together flour, cornstarch, paprika, mustard, baking powder, and salt. Add honey and beer, and whisk until smooth; let sit for 10 minutes.

2 Pour oil to a depth of 2" in a 6-qt. Dutch oven and heat over medium-high heat until a deep-fry thermometer reads 375°. Working in batches, dip onion rings into batter, shaking off excess, and lower into oil; fry, flipping once, until golden brown, about 3 minutes. Transfer to paper towels to drain briefly and season with more salt; serve immediately.

Onion and Poppy Seed Bialys

MAKES ABOUT 1½ DOZEN

These soft and chewy cousins of bagels are a stalwart of Polish bakeries, where their hole-less centers are filled with caramelized onions and poppy seeds (pictured on page 57).

- 1 tbsp. barley malt syrup (see page 111)
- 1 ¼-oz. package active dry yeast
- 5 cups bread flour
- 2 tsp. kosher salt, plus more to taste
- 2 tbsp. canola oil
- 4 cloves garlic, finely chopped
- 2 small yellow onions, finely chopped
- 1 tbsp. poppy seeds
- Freshly ground black pepper, to taste

1 Make the dough: In the bowl of a stand mixer fitted with a hook, stir together syrup, yeast, and 1½ cups water heated to 115°; let sit until foamy, about 10 minutes. Add flour and salt, and mix on low speed until dough forms; increase speed to medium, and knead dough until

smooth, about 8 minutes. Cover bowl with plastic wrap, and let sit until doubled in size, about 1½ hours.

2 Meanwhile, make the filling: Heat oil in a 12" skillet over medium-high heat; add garlic and onions, and cook, stirring occasionally, until deeply caramelized, about 30 minutes. Remove from heat, and stir in poppy seeds and salt and pepper; set aside to cool.

3 Uncover and punch down dough; cover again and let sit until doubled in size again, about 1 hour. Uncover dough and transfer to a clean work surface; portion and shape into about eighteen 2-oz. balls. Place 6 balls each on 3 parchment paper-lined baking sheets, spaced evenly apart; cover with plastic wrap and let sit until puffed, about 30 minutes. Uncover balls, and using the palm of your hand, gently flatten each into a disk; cover again and let sit until puffed, about 30 minutes.

4 Heat oven to 450°. Uncover balls, and, using your fingers, press the center of each to indent; continue pressing and stretching center of each dough ball until you're left with a thin center membrane surrounded by a thick ring of dough on the outer edge. Fill centers of each dough round with about 1 tsp. onion-poppy seed filling. Working with one baking sheet at a time, place in oven, and spray bialys with water until completely coated. Bake until lightly browned and still soft, about 16 minutes.

Creamed Onion Gratin

SERVES 6-8

Sweet, translucent roasted onions marry beautifully with the bechamel and Gorgonzola in this rich casserole (pictured on page 55).

- 2 medium yellow onions, cored and quartered lengthwise
- ¼ cup olive oil
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. unsalted butter
- 2 tbsp. flour
- 1 cup heavy cream
- ¼ cup dry white wine
- Freshly grated nutmeg, to taste
- ½ cup finely grated parmesan
- 3 oz. Gorgonzola, crumbled
- 1/4 tsp. paprika

1 Heat oven to 350°. Toss onions with oil in a 9" x 11" baking dish

and season with salt and pepper. Bake, stirring occasionally, until soft and lightly browned, about 1 hour; set aside. Heat oven to broil.

2 Heat butter in a 2-qt. saucepan over medium-high heat; add flour, and cook, stirring, until smooth, about 1 minute. Add cream and wine, and cook, stirring, until thickened, about 5 minutes. Season sauce with salt, pepper, and nutmeg.

3 Pour sauce evenly over onions. Sprinkle with parmesan, dot with Gorgonzola, and sprinkle with paprika; broil until cheese is melted and golden brown on top, about 2 minutes.

Dje Besla

(Chicken and Onion Tagine)

SERVES 4-6

Onions stew until soft and sweet in this satisfying one-pot chicken dish flavored with saffron, turmeric, lemon, and olives (pictured on page 53).

- 1 tbsp. kosher salt, plus more to taste
- 6 cloves garlic, roughly chopped
- 2 tsp. cumin seeds, crushed
- 1 tsp. paprika
- 1 tsp. ground turmeric
- 5 tbsp. olive oil
- 4 skinless bone-in chicken thighs
- 4 skinless bone-in chicken drumsticks
- 1 tsp. crushed saffron threads
- 4 medium yellow onions, cut into 12 wedges each
- Freshly ground black pepper, to taste
- 1 lemon, thinly sliced crosswise, seeds removed
- 1¼ cups pitted green olives
- ½ cup finely chopped cilantro
- Cooked white rice, for serving

1 Make a spice paste: Using the flat side of your knife, chop and mash salt and garlic together on a cutting board into a smooth paste; transfer paste to a large bowl and stir in cumin, paprika, and turmeric. Stir in 3 tbsp. oil, and then add chicken thighs and drumsticks; toss until evenly coated. Cover bowl with plastic wrap, and marinate in the refrigerator for 4 hours.

2 Heat remaining oil in an 8-qt. Dutch oven or large tagine over medium-high heat. Working in batches, add chicken pieces, and cook, turning once, until golden

brown on both sides, about 10 minutes; transfer to a plate and set aside. Add saffron and onions to pot, season with salt and pepper, and cook, stirring occasionally, until soft, about 15 minutes. Return chicken to pot along with lemon slices and 1 cup water, and bring to a boil; reduce heat to medium-low, and cook, covered, until chicken is cooked through, about 40 minutes. Remove from heat, and scatter olives and cilantro over chicken; serve with rice.

Escabeche de Cebolla

(Yucatecan Pickled Red Onions)

MAKES ABOUT 1¼ CUPS

Red onions soak up the flavors of oregano and cumin in this classic pickle relish (pictured on page 57), served with fresh seafood in Yucatán, Mexico.

- 1 tbsp. kosher salt
- 1 large red onion, thinly sliced lengthwise
- 1 tsp. whole black peppercorns
- 1 tsp. dried oregano
- 1 tsp. cumin seeds
- 3 cloves garlic, peeled and halved lengthwise
- 1½ cups red wine vinegar

In a bowl, toss salt and onion together; let sit until onion releases some of its liquid, about 15 minutes. Transfer to jar along with peppercorns, oregano, cumin, and garlic, and pour over vinegar; seal with lid and let cool to room temperature. Refrigerate at least 4 hours before using.

Gosht Dopiaza

(Lamb and Onion Curry)

SERVES 6-8

Caramelized onions, infused with cardamom, fennel, and cumin, form the basis for this classic Indian curry (pictured on page 57), made here with lamb and small, flat cipolline onions, and topped with crispy fried onions.

- 1 tbsp. paprika
- 1 tbsp. garam masala
- 4 tsp. ground turmeric
- 2 tsp. dried mint
- 2 tsp. kosher salt
- 12 cloves garlic, finely chopped
- 1 4" piece ginger, peeled and finely chopped
- 1 jalapeño, stemmed, seeded, and finely chopped
- 2 lb. lamb shoulder, cut into 1½" cubes
- ¼ cup Greek yogurt
- 12 tbsp. unsalted butter
- 1 tsp. coriander seeds
- 2 tsp. cumin seeds

Rejuvenate

Ladies and Gentlemen,

August 2011



In selecting the foods we offer and eat, we do so out of need to nourish and a love of life and everything in this magnificently ordered universe. We make loving decisions in choosing food, how it's acquired, its handling and distribution, by always referring back to the question, "What will best encourage life?" We focus on primary sources of contamination or degradation of food in protecting it. As the oldest natural and organic food company in the United States and Canada we have considerable experience, practice, and knowledge in this. Focused will and firm persistence is demanded. Opposition to pursuit of purity shadows us and creatively works to wear down our resolve. Vigorous faith in the correctness and necessity of this goal keeps us going.

Nature is the great provider. We simply have to keep man's meddling and tampering with it to a minimum. Shortsightedness and laziness are always involved in adulteration and imitation of food, almost as common is greed. Flimsy arguments are used in trying to hide this.

Eden Foods encourages everyone to be knowledgeable, questioning, actively involved food buyers, as we are. There is great need for civil society to become caring about and involved in the kind of food that industry feeds us. The social, political, medical, mental, and spiritual damages of big agribusiness should not be allowed to continue, but they do. The criminal destruction of water, air, and food quality is only possible while society remains apathetic.

Ignorance is bliss. Knowledge is responsibility. Genetically engineered flora designed to encourage or make toxins that kill life and poison the environment is insane. Disinformation, societally pervasive and perpetrated with enormous funding, is only continued because we accept it. Truth in advertising is long gone. Government agencies meant to look after the peoples' well-being are diverted from this with disinformation and very big money to serve the misguided corporate interests of the funders, socially subjugating us in monoculture.

Help us encourage cultural diversity and purity in food, agriculture, air, water, and land use.

Wisdom is love in discerning.

Please become involved with us in discerning and determining what is appropriate food for humanity.

Michael J. Potter, President

Eden Foods, Inc.

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- 1 tsp. fennel seeds
- 6 green cardamom pods, crushed
- 1 stick cinnamon
- 2 large yellow onions, thinly sliced lengthwise
- 1 16-oz. can whole peeled tomatoes with juice, crushed by hand
- 12 cipolline or large pearl onions, peeled
- Fried onions, to garnish
- Cooked white rice, for serving

1 Make the spice paste: Combine paprika, garam masala, 2 tsp. turmeric, mint, salt, garlic, ginger, jalapeño, and $\frac{1}{4}$ cup water in a small food processor and puree until smooth. Transfer half the spice paste to a bowl and add lamb and yogurt; toss until evenly coated. Cover bowl with plastic wrap and marinate in the refrigerator for 4 hours.

2 Heat 8 tbsp. butter in an 8-qt. Dutch oven over medium-high heat. Add coriander, cumin, fennel, cardamom, and cinnamon; cook, stirring, until cinnamon stick unfurls and spices are fragrant and lightly toasted, about 5 minutes. Add yellow onions, and cook, stirring often, until deeply caramelized, about 25 minutes (add up to 4 tbsp. water, if necessary, to keep onions from sticking to bottom of pot). Add remaining spice paste, and continue cooking until no longer raw, about 2 minutes. Add lamb along with any marinade, and cook, stirring, until marinade is no longer raw, about 2 minutes. Add tomatoes and 3 cups water, and bring to a boil. Reduce heat to medium-low, and cook, stirring occasionally, until lamb is tender, about 1 hour.

3 Meanwhile, bring a 2-qt. saucepan of water to a boil over high heat. Add cipollines, and cook until just tender, about 5 minutes; drain. Heat remaining turmeric and butter in a 10" skillet over medium-high heat; add cipollines, and cook, stirring, until caramelized all over, about 10 minutes.

4 Remove curry from heat and stir in cipollines. Sprinkle with fried onions; serve with rice.

Homemade French Onion Dip

MAKES ABOUT $\frac{3}{4}$ CUPS

Our favorite recipe for this classic dip (pictured on page 63) showcases onions three ways: fried, roasted, and fresh.

- 4 medium yellow onions (2 quartered lengthwise, 2 finely chopped)
- 1 cup olive oil
- Kosher salt and freshly ground black pepper, to taste
- 1 cup mayonnaise
- $\frac{1}{2}$ cup cream cheese, softened
- $\frac{1}{2}$ cup sour cream
- 1 tbsp. fresh lemon juice
- 1 tsp. Worcestershire sauce
- Hot sauce, such as Tabasco, to taste
- 4 scallions, minced
- Cut raw vegetables, such as cucumber, carrot, and cauliflower, for serving

1 Heat oven to 425°. Toss quartered onions with 2 tbsp. oil on a foil-lined baking sheet, and season with salt and pepper. Roast, turning occasionally, until soft and slightly caramelized, about 45 minutes; set roasted onions aside to cool.

2 Place roasted onions in a food processor and puree until smooth; add mayonnaise, cream cheese, sour cream, juice, Worcestershire, hot sauce, and salt and pepper, and puree until smooth. Transfer to a bowl, cover with plastic wrap, and refrigerate until set, at least 4 hours or overnight.

3 Heat remaining oil in a 10" skillet over medium-high heat; add finely chopped onions, and cook, stirring, until beginning to brown, about 10 minutes. Reduce heat to medium-low, and cook, stirring occasionally, until deep golden brown, about 16 minutes more. Transfer onions to a strainer set over a bowl to drain; discard oil or reserve for another use. Transfer fried onions to paper towels to drain; set aside.

4 To serve, stir $\frac{3}{4}$ of the fried onions and the scallions into dip, and transfer to a serving bowl; top with remaining fried onions and serve with fresh vegetables.

Onion and Bacon Tart

SERVES 6-8

The custardy batter for dish (pictured on page 57), a cousin of Yorkshire pudding, puffs like an enormous popover in the oven.

- 6 oz. slab bacon, cut into $\frac{1}{4}$ " matchsticks
- 4 tbsp. unsalted butter
- 2 medium yellow onions, thinly sliced lengthwise
- Kosher salt and freshly ground black pepper, to taste

- $1\frac{1}{2}$ cups flour
- 2 tsp. dry mustard
- $1\frac{1}{4}$ cups milk
- 3 eggs, lightly beaten

1 Heat bacon in a 12" skillet over medium-high heat, and cook, stirring occasionally, until fat renders and bacon is crisp, about 12 minutes. Using a slotted spoon, transfer bacon to paper towels to drain; pour bacon fat into a 9" x 11" baking dish and set aside. Return skillet to medium-high heat, and add butter; add onions, salt, and pepper, and cook, stirring, until lightly caramelized, about 10 minutes. Remove from heat and set aside.

2 Heat oven to 425°. In a large bowl, whisk together flour, mustard, and pepper; add milk and eggs, and stir until smooth. Let batter rest for 10 minutes. Meanwhile, place baking dish with bacon fat in oven and let heat for 10 minutes. Remove baking dish from oven, pour in batter, and sprinkle with rendered bacon and caramelized onions; return to oven and bake until puffed and golden brown, about 30 minutes.

Parsley and Onion Salad

SERVES 4

Fresh onions add cool spice to this simple parsley salad (pictured on page 63) from *Jeremiah Cooks* (Stewart, Tabori and Chang, 2002) by Jeremiah Tower.

- 2 tbsp. finely chopped mint
- 1 large red onion, halved and thinly sliced lengthwise
- Kosher salt and freshly ground black pepper, to taste
- 2 cups lightly packed flat-leaf parsley leaves
- $\frac{1}{4}$ cup salt-packed capers, rinsed and drained
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 tbsp. fresh lemon juice
- 1 tbsp. lemon zest
- Grilled country white bread, to serve

In a medium bowl, toss together mint, onion, and salt and pepper; let sit until onion softens, about 10 minutes. Add parsley, capers, oil, juice, and zest, and toss until evenly combined. Serve immediately with grilled bread.

Poached Trout With Onions and Fennel Seeds

SERVES 2-4

In this recipe, trout is poached in a court bouillon, a fragrant broth of white wine, fennel seeds, and lots of onions (pictured on page 63).

- 5 sprigs thyme
- 2 bay leaves
- 1 large yellow onion, cut crosswise into $\frac{1}{2}$ "-thick slices, separated into rings
- 1 large red onion, cut crosswise into $\frac{1}{2}$ "-thick slices, separated into rings
- 1 medium carrot, thinly sliced crosswise
- 1 2-lb. whole trout, cleaned
- Kosher salt and freshly ground black pepper, to taste
- 2 cups white wine
- 2 tbsp. extra-virgin olive oil
- 1 tsp. fennel seeds
- 5 sprigs flat-leaf parsley

Heat oven to 350°. Place thyme, bay leaves, onions, and carrot in a 9" x 13" baking dish. Season inside of trout with salt and pepper, and place over onions; season with salt and pepper and set aside. Bring wine, oil, and fennel seeds to a boil in a 2-qt. saucepan over high heat; pour over trout and onions. Scatter parsley over top, and bake until trout is just cooked through and vegetables are soft, about 40 minutes.

Roasted Vidalia Onions With Herbed Bread Crumbs

SERVES 4-6

Sweet Vidalia onions, grown in and around the namesake Georgia city, turn even sweeter when roasted with a savory herbed bread crumb topping (pictured on page 50).

- 2 large Vidalia onions, cut crosswise into $\frac{1}{2}$ "-thick slices
- 4 tbsp. extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste
- 6 tbsp. bread crumbs
- 2 tbsp. unsalted butter, melted
- 1 tbsp. finely chopped parsley
- 1 tsp. finely chopped oregano
- 1 tsp. finely chopped thyme
- 2 cloves garlic, minced

1 Heat oven to 450°. On a foil-lined baking sheet, coat onion slices in oil, keeping them as intact as possible; season with salt and pepper. Bake, turning once, until soft and lightly caramelized, about 15 minutes.

2 Meanwhile, stir together bread crumbs, butter, parsley, oregano, thyme, garlic, and salt and pepper in a small bowl; sprinkle evenly over onion slices. Continue baking until topping is golden brown, about 15 minutes more.

Six-Onion Pizza

MAKES FOUR 12" PIZZAS

This sweet and savory pizza (pic-

tured on page 52), adapted from a recipe by Michael Leviton, chef and co-owner of Area Four in Cambridge, Massachusetts, showcases the flavor of four kinds of onion.

For the dough:

- 1 tsp. honey
- 1 ¼-oz. package active dry yeast
- ¾ cup warm beer
- 2 tbsp. extra-virgin olive oil
- 3 cups bread flour, plus more as needed
- 1 tsp. kosher salt

For the onion puree and compote:

- 5 tbsp. extra-virgin olive oil
- 12 sprigs thyme
- 2 large white onions, very thinly sliced lengthwise
- 1 bay leaf
- Kosher salt and freshly ground black pepper, to taste
- 8 oz. leeks, white part only, halved lengthwise, cut into ¼"-thick slices
- 8 oz. shallots, very thinly sliced lengthwise
- 8 oz. red onions, very thinly sliced lengthwise
- 8 oz. finely grated pecorino
- 5 scallions, very thinly sliced
- 1 bunch chives, thinly sliced

1 In a large bowl, stir together honey, yeast, and ¼ cup water, heated to 115°; let sit until foamy, about 10 minutes. Stir in beer and oil until smooth. Add flour and salt; stir with a wooden spoon until dough forms. Transfer to a lightly floured work surface and knead until smooth, about 8 minutes. Cover with plastic wrap and let sit in a warm spot until doubled in size, about 1½–2 hours.

2 Meanwhile, make the onion puree: Heat 2 tbsp. oil, thyme, white onions, bay leaf, and salt and pepper in a 12" skillet over medium-low heat, and cook, stirring occasionally, until onions are very soft but not browned, about 30 minutes. Remove and discard thyme stems and bay leaf. Transfer onions to a food processor or blender and puree until smooth; set aside.

3 Make the onion compote: Heat 1 tbsp. oil in a 12" skillet over medium heat; add leeks, season with salt and pepper, and cook, stirring occasionally, until very soft but not browned, about 15 minutes. Transfer to a bowl and set aside. Heat remaining oil in skillet, add shallots and red onions, and season with salt and pepper; cook, stirring

occasionally, until very tender and lightly browned, about 18 minutes. Transfer to bowl with leeks, and stir to combine; set aside.

4 Uncover dough and cut into quarters; shape each quarter into a smooth ball. Lightly flour dough balls and transfer to a floured 9" x 13" baking pan; cover with plastic wrap. Let sit in a warm spot until doubled in size, about 1½–2 hours. Heat oven to 500°.

5 Place 1 piece dough on a lightly floured work surface and flatten with your fingertips. Pick up dough circle and gently feed edges of dough between your thumbs and forefingers, letting the weight of the dough stretch edges until the circle of dough is 12" in diameter. Place dough circle on a parchment paper-lined baking sheet, and working quickly, spread about 2 tbsp. onion puree over dough, leaving a ¼" border around edge; sprinkle evenly with about ¼ cup onion compote. Sprinkle one-quarter of the pecorino over onions, and transfer to oven. Bake until browned and crisp at the edges, about 12 minutes. Repeat with remaining dough balls, puree, compote, and

pecorino. Sprinkle each pizza with one-quarter each of the scallions and chives before serving.

Vermouth-Spiked Cocktail Onions

MAKES ABOUT 2½ CUPS

Vermouth adds sweet depth to these bar essentials (pictured on page 63), the key to a classic Gibson martini.

- 1 tsp. whole black peppercorns
- ¼ tsp. freshly grated nutmeg
- 3 sprigs thyme
- 2 cups dry vermouth
- 1 cup white wine vinegar
- ½ cup sugar
- 1 tbsp. kosher salt
- 10 oz. white pearl onions, peeled

Place peppercorns, nutmeg, and thyme in a 1-qt. sterilized glass jar; set aside. Bring vermouth, vinegar, sugar, salt, and 1/2 cup water to a boil in a 2-qt. saucepan over high heat, stirring until sugar and salt dissolve; add onions, and cook for 1 minute. Transfer onions and brine to jar and seal with lid; let cool to room temperature. Refrigerate at least 4 hours before using.

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Good Morning, Jamaica

Across the island, people wake up to big, delicious meals

by Betsy Andrews Photographs by Landon Nordeman



ca





The vegetables crunch, the fish flakes, and the custardy fruit yields to the fork. Ackee and saltfish feels like the most satisfying way to begin the day



YOU NEED TO TAKE a picture of some big-bellied Jamaicans because people in the States think we're all skinny and hungry," bus driver Peter Holland tells me. He's waiting for his breakfast at Anty's Homestyle Cooking, a blue plywood shack with a hand-painted sign on a dusty street in downtown Kingston, the capital of Jamaica. It's six o'clock in the morning, and Anty's is already busy.

"Come on, mon," Holland says, turning profile to display his ample girth. He's reminding me of the first time I tasted a Jamaican breakfast, bought from a food truck some winters ago in New York City: Dense dumplings, both boiled and fried, and golden fried plantains, sweet boiled yam, boiled green bananas—these were just the accompaniments. The main course was a massive portion of salted cod cooked with a tropical fruit called ackee. How in the world, I thought, do folks on an island where the average temperature is in the 80s start off the day like this? Then I took a forkful, and I fell in love.

Jamaica, the third-largest Caribbean island, with a population of nearly 3 million, is known in the United States for its fiery barbecue, called jerk. But any of the customers lining up at Anty's will tell you that Jamaica's most beloved meal isn't a jerk lunch or dinner. It's breakfast, including the national dish, a sauté of salt cod or pollack, bell peppers, onions, tomatoes, Scotch bonnet chiles, scallions, and ackee, which grows wild on the island. As much as I'd like to try the version at Anty's, just one of dozens of bustling cookshops I pass this morning, I can't linger right now. I'm headed to meet Barbara Naedene Ellington, the lifestyle editor for the Kingston-based newspaper *The Gleaner*, to find out how she prepares this and other dishes that make up the awe-inspiring morning meals I've come to the island to experience.

"Most Jamaicans eat a big plate of food, girl, in the morning,"

Ellington tells me over breakfast at her home. "We just grew up hearing that you need a solid meal in your belly first thing." She pours me a sweet-tart drink made with the sepals of hibiscus flowers, which Jamaicans call sorrel, and lays a bright-orange hunk of boiled yam on my plate next to the ackee and saltfish. The saltfish, an increasingly expensive import, is used sparingly as an accent. The star of Ellington's dish is the ackee, which she takes from the prolific trees in her yard. She explains that the fruit, which is poisonous until ripened, can be harvested once its red pods have burst, revealing lobes of creased yellow flesh surrounding shiny black seeds. Unlike the canned kind we get in the States, which breaks down when sautéed, the fresh lobes retain the shape that inspired the nickname "vegetable brain."

Digging in, I realize that this dish epitomizes the brilliance of Jamaican cooking. It's a cuisine born of the island's unique history—its sugar plantation past, its kaleidoscopic Creole culture, its people's vibrancy in the face of hardship. Like the diverse ancestors of the islanders themselves (whose motto is "Out of Many, One People"), none of the ingredients in ackee and saltfish is indigenous. The cod comes from northern waters; it arrived here in the 17th century to provision forced labor. The vegetables—most of which are now staples of Jamaican kitchen gardens—were introduced from Europe, Asia, and other parts of the Americas. And the ackee is of West African origin, the trees in Jamaica perhaps first sprung from seeds stowed away with captives in the hold of a slave ship. Yet when cooked together, they create a sort of magic: The brine and oil of the fish mingle with the brightness and heat of the vegetables and the nuttiness of the ackee. The vegetables crunch, the fish flakes, and the custardy fruit yields to the fork. It tastes like the world's most satisfying way to begin the day.

"YOU DON'T HAVE TO HAVE ANYTHING after this breakfast," chef Gary Burt declares as I sit down with him after his shift. "Not everyone can have lunch"—by which he means not everyone can afford it. Burt



works at Susie's Bakery and Coffee Bar, a popular café in New Kingston, the upscale section of the capital. He's just finished cooking the weekend brunch, an al fresco buffet served on the front patio.

The spread is brimming with robust dishes, and I pile my plate high. I try mackerel rundown, a stew of pickled fish and aromatics that's reduced, or "run down," until it's creamy and flavorful. It goes well with a savory side dish of callaloo. Over the course of my week in Jamaica, I'll eat this spinachlike green in everything from sautés to quiches, but here I have it simply steamed with thyme and Scotch bonnets. I venture some bites of the brown stew liver, a rich calf's liver dish made with a ubiquitous Jamaican sauce that is enhanced with caramelized brown sugar, and I devour the curried chicken, its sweet-spicy flavors introduced by Indian laborers who came here after emancipation.

In addition to the entrées, I stuff myself on airy salt cod fritters, nicknamed "stamp-and-go," a reference to their status as a quick roadside snack. I find the johnnycakes—fried flour dumplings derived from the 18th-century "journey cakes" that plantation workers would pack for trips to the fields—great for sopping up sauces. And I have a tough time resisting all those starchy, boiled vegetables that Jamaicans call "ground provisions": I eat yams, sweet potatoes, and dasheen, or taro. But my favorite side of all is the golden slices of fried breadfruit, crunchy and salty outside, sweet and soft within.

This is country breakfast food, designed to fuel a long day of strenuous farm work. But over the centuries, as the culture has urbanized, it's become something more: a source of Jamaican identity and pride. "This is why Jamaicans did so good in the Olympics: yam, green banana, plantain," says Burt's boss, Susie Hanna. "Complex carbohydrates. We eat what's grown in the earth."

The Jamaican focus on natural eating is strongest among Rastafarians, adherents of a religion based on black empowerment that sprung up in Kingston's ghet-

Clockwise, from top left: escovitch fish and bammy; the breakfast menu at Fatty's Cookshop in Kingston, Jamaica; a street in downtown Kingston; vegetable run-up; Dameko and Ricky Holland of Charley Mattress Porridge Centre; callaloo quiches. Facing page: Angelia Smith, owner of Anty's Homestyle Cooking in downtown Kingston. Previous pages, left: Barbara Ellington's ackee and saltfish; Noel "Fuzzy" Harris, a customer outside of Snack Attack Restaurant in the parish of St. Elizabeth. (See page 80 for recipes.)

tos in the 1930s. The movement originated a meat-free, salt-free cuisine called Ital, rooted in Rasta interpretations of the Old Testament. It's the specialty of New Kingston's Ashanti Oasis Vegetarian Restaurant, where I stop one morning for owner Yvonne Peters-Hope's version of a rundown, which is chock-full of mild chocho squash (chayote) and fresh green gungo peas (pigeon peas) and enriched with coconut milk. "We don't do rundown; we do run-up," Peters-Hope says, her long dreadlocks held back by a scarf, "because everything we do is uplifting." Her green plantain-and-peanut porridge is served Rasta-style in a calabash shell. I wonder aloud what makes it so good. "All our cooking has love in it," she answers. "If you take upset and cook it, that's not going to do it."

It's an ethos that seems to apply to the contents of the cookpots and aluminum Dutch ovens, or Dutchies, on the stoves of many morning porridge makers. At the Charley Mattress Porridge Centre, tucked into a downtown shopping arcade, a shadowy warren of tin-and-plywood stalls, Ricky Holland and his brother Dameko serve a steady stream

This is country food, designed to fuel a long day of farm work. But over the centuries, it's become something more: a source of Jamaican identity and pride



Peggy Thorpe, a waitress at the Hot Pot Restaurant in New Kingston, with a tray holding sorrel (left) and carrot juices.



Island Flavors

Though many ingredients in Jamaican breakfast dishes are not indigenous to the island, they've become so essential to the cuisine and culture that they feel wholly a part of the place. Chief among these is ❶ ackee (*Blighia sapida*). This West African fruit, which is poisonous until ripened, is now found throughout the Caribbean, but it is most widely consumed by Jamaicans, who prize its nutty, yellow flesh, as well as its symbolism. Historian B.W. Higman, in his book *Jamaican Food* (University of the West Indies Press, 2008), notes that the potentially deadly ackee was named the national fruit, in part, because it signifies the islanders' ability to change a negative into a positive. Ackee's most common partner is ❷ saltfish, filets of cod or pollack that have been dry-cured in salt for the long journey from Canada or Norway, where the fish is caught. As once-plentiful fish populations have been depleted, this former slave provision has become an expensive import, increasingly used as a flavoring agent rather than a staple protein. Saltfish is also paired with ❸ callaloo for breakfast. A variety of amaranth, this versatile leafy green is often steamed but is also eaten in morning sautés, quiches, fritters, and soups. Chayote, which Jamaicans call ❹ chocho, is an equally common breakfast ingredient. The mild-flavored, pear-shaped squash is chopped up for soups and sautéed with saltfish; Rasta chef Yvonne Peters-Hope uses it as a key ingredient in her vegetable run-up. Dishes like these get a spicy kick from ❺ Scotch bonnet chiles, named for their resemblance to the traditional Scottish tam-o'-shanter. Starchy vegetables, which Jamaicans call "ground provisions," are eaten as energy-boosting sides to breakfast's main dishes. Most of them, including green bananas, sweet potatoes, yams, and a type of taro called ❻ dasheen, are boiled. But ❼ green, or unripe, plantains are sliced, smashed, and fried. Or they are mashed with coconut milk, brown sugar, and spices to make a hot cereal that Jamaicans call porridge. ❽ Hominy—whole, dried, hulled corn kernels—are also the basis of a luscious porridge. ❾ Sorrel, comprising the crimson-hued sepals of a type of hibiscus flower, is brewed with ginger and sugar to make a sweet-tart seasonal drink. —B.A.



of early risers, ladling out soupy hot cereals spiced with nutmeg and allspice. As a branding strategy, Holland's family named the shop after his grandfather, Egbert "Charley Mattrass" Jackson, a noted local fisherman who fathered 56 children. Ricky and Dameko make flavors from oats to cornmeal, but peanut porridge is their big seller.

"It's a mon t'ing," Holland says; it belongs to a seemingly endless category of foods valued for aiding virility. Reddish-brown with peanut skins, it is nutty, earthy, and sweet.

AFTER THE FRENETIC RHYTHM of Kingston, I'm curious to know more about the slower-paced, agrarian Jamaica where the roots of the rib-sticking morning meal lie. So I travel westward to St. Elizabeth parish, to visit the family of my friend Melissa Stephenson, who lives in Mount Vernon, New York. "St. Elizabeth is the breadbasket of the nation," she has told me. "Growing up, our lawn was scallion and thyme."

When Melissa's father, Delano Stephenson, a prominent St. Elizabeth farmer and businessman, and her cousin, Keisha Green, pick me up at my hotel in the morning, our first stop is M & D Grocery, where proprietor Delvin Powell is standing in his parking lot, stirring the steaming contents of an enormous cauldron set over a roaring fire.

"Soup ready?" a woman shouts from a car rolling by.

"No, mon," says Powell. He's just finished assembling the ingredients for his conch soup, which won't be ready to sell for another hour. Nevertheless, he offers me a spoonful. Loaded with fresh conch and flavored with scallion, thyme, and Scotch bonnets picked from St. Elizabeth's fields, it already tastes terrific.

Conch is not the only fresh seafood I sample this morning. St. Elizabeth is also a fishing community; curried or brown stew lobster and

fish soup are common breakfasts here, along with escovitch fish, fried whole and topped with a vinegary sauce. They're all eaten with a cassava flatbread called bammy, which is made from scratch by women like Imogene Falconer, whose home we visit next.

The bespectacled Falconer had grated her cassava and let it sit overnight in a wicker bag pressed down with stones to leech out its poisonous juices. This morning she beats the grated root in a huge wooden mortar, then sifts it to attain a fine flour. Oneil, 30, the eldest of her three sons, begins to fry small whole snappers and to prepare the escovitch sauce, slicing onions, ginger, and chiles into a reduction of coconut milk and vinegar. A tart aroma fills the kitchen, while outside, Falconer smooths a fistful of cassava flour into a round mold set on a cast-iron plate over a wood fire. The heat binds and toasts the starchy flour into a chewy, wafer-thin bammy. She hands it to me. It's smoky and has a creamy, wheatlike flavor. I've eaten escovitch fish and bammy before, bought from a hawker in downtown Kingston. But I'm grateful now to know just how much work goes into its preparation. Falconer makes six dozen bammies every morning to sell to farmers who snatch them up on their way to the fields.

We take a drive across Delano's scruffy land along an oceanside cliff, where he yanks a tentacled cassava from the ground and plucks some melons. We visit various Stephensons in their homes surrounded by banana plants and enormous rosemary bushes. As night falls, we wander down to Treasure Beach, where a fishing boat called the *Avatar II* has anchored. A crowd has formed with trucks and coolers. Driftwood fires dot the beach. The boat's crewmen, their muscles taut from hauling nets, row ashore and dump their catch: jackfish, grunts, parrot fish, yellowtail snappers, barracuda. Within an hour, all the fish is sold. By morning, much of it will be fried, doused in escovitch, and wrapped in paper along with fresh-made bammy, to be purchased and eaten for breakfast in an open-air market, on a street corner, or on a waterfront somewhere in Jamaica, as the sun rises again. 🐦

A family walking from morning services at the Southfield Seventh-Day Adventist Church in St. Elizabeth Parish, Jamaica.



The Guide Jamaica

Breakfast for two with drinks and tip: Inexpensive Under \$20 Moderate \$20–\$80 Expensive Over \$80

For more information on travel in Jamaica, contact the Jamaican Tourist Board at 800/526-2422 or go to visitjamaica.com.

WHERE TO STAY

Wyndham Kingston Jamaica
77 Knutsford Boulevard, Kingston (876/926-5430; wyndhamkingston.com). Rates: \$139–\$189 double. This 303-room high-rise is located across the street from New Kingston's Emancipation Park. Don't miss the johnnycakes at the Terrace Cafe's extensive Sunday brunch buffet.

Jakes Hotel, Villas & Spa

Calabash Bay, Treasure Beach, St. Elizabeth (876/965-3000; jakeshotel.com). Rates: \$95–\$325 double. This eco-resort features 21 garden- or bay-view rooms, plus 6 cottages and 3 villas, many with verandas and large outdoor showers. Jakes Country Cuisine, one of its two restaurants, offers breakfast dishes like poached organic eggs and callaloo.

WHERE TO EAT

Anty's Homestyle Cooking
Old Gas Station, Pechon Street, Kingston (876/408-6658). Inexpensive. This

cheery stand serves hawkers, bus drivers, and other downtown Kingston denizens quick breakfasts like ackee and saltfish, along with dumplings, yams, and other filling sides.

Ashanti Oasis Vegetarian Restaurant

12 Breamar Avenue, Kingston (876/441-4312). Inexpensive. At Rasta chef Yvonne Peters-Hope's indoor-outdoor Ital restaurant, the day kicks off with meat-free, salt-free, yet flavorful dishes, such as vegetable run-up (a coconut milk-enriched vegetarian stew) and ackee with bean curd.

Charley Mattress Porridge Centre

65 Mall Wolmers Arcade, Church Street, Kingston (876/872-7391). Inexpensive. Not far from Coronation Market, this shopping-arcade stall serves morning customers hot, soupy porridges in flavors including plantain, cornmeal, and the popular peanut.

Contemporary Art Gallery & Café

7 Argyle Road, Kingston (876/927-9958). Moderate. Reserve a spot for the bimonthly Sunday brunch on the

veranda of the art-filled home of gallerist and caterer Dian Watson, who is famed for her hominy porridge, slowly cooked with coconut, condensed, and evaporated milks until it's rich and pudding-like.

Grog Shoppe

Devon House, 26 Hope Road, Kingston (876/906-7165; grogshoppejm.com). Expensive. Jamaica's most beloved chef, Norma Shirley (who died in 2010), opened this picturesque restaurant at the historic Devon House. The restaurant is currently not serving breakfast or brunch, but at other times of day, creative dishes like conch puffs with ginger-teriyaki sauce or callaloo-stuffed curried chicken breast are served in the mango tree-shaded courtyard.

Hot Pot Restaurant

2 Altamont Terrace, Kingston (876/929-3906; hotpotjamaica.com). Inexpensive. This colorful restaurant surrounded by New Kingston hotels offers covered courtyard seating. Dine on a breakfast of saltfish cooked with okra or ackee, or try braised liver or kidneys, washed down with a drink from the extensive juice bar. Dinner features seafood and tofu-based dishes.

M & D Grocery

Calabash Bay, Treasure Beach, St. Elizabeth (876/965-0070). Inexpensive. On weekends, grab a steaming cup of conch or goat soup, made fresh with local ingredients and cooked over an open fire outdoors at this modest grocery in St. Elizabeth.

Susie's Bakery and Coffee Bar

Shops 1 and 2, Southdale Plaza, 2 South Avenue, Kingston (876/968-5030; susiesbakery.com). Moderate. Jamaican celebrities hobnob over casual meals at this New Kingston café and bakery. Served al fresco, the weekend brunch buffet features traditional dishes like mackerel rundown, plus desserts including bread pudding and Susie's knockout plantain tarts.

Clockwise, from top left: Yvonne Peters-Hope, chef and owner of Ashanti Oasis Vegetarian Restaurant; conch soup (see page 80 for recipe); the crew of the *Avatar II* landing on Treasure Beach; bammy lady Imogene Falconer at her St. Elizabeth home; the weekend brunch buffet at Susie's Bakery and Coffee Bar.



From left, hominy porridge; the Wyndham Kingston Jamaica's johnnycakes, made fluffy with the addition of baking powder; and curried chicken

Ackee and Saltfish

SERVES 6-8

Ackee, Jamaica's national fruit, is the highlight of this sauté (pictured on page 72).

- 1 lb. dried salt cod
- 2 tbsp. canola oil
- 1 tbsp. fresh thyme leaves
- 4 cloves garlic, finely chopped
- 1 large yellow onion, chopped
- 1 tomato, cored and chopped
- 1 each red and green bell pepper, stemmed, seeded, and chopped
- ½ Scotch bonnet or habaño chile, stemmed, seeded, and finely chopped
- 2 scallions, thinly sliced
- 1 19-oz. can ackee, rinsed and drained (see page 111)
- Kosher salt and freshly ground black pepper, to taste

1 Place cod in a 2-qt. saucepan, and cover by 2" with cold water; bring to a boil over high heat, and cook for 20 minutes. Drain cod, return to saucepan, and repeat process twice more. Transfer cod to a bowl, and flake with a fork into large chunks; set aside.

2 Heat oil in a 12" skillet over medium-high heat; add thyme, garlic, onion, tomato, peppers, and chile, and cook, stirring, until soft, about 10 minutes. Add reserved cod, the scallions, and ackee, and cook, stirring gently to keep cod and ackee in large pieces, until warmed through, about 5 minutes. Season with salt and pepper.

Bass in Escovitch

SERVES 4-6

Tart, spicy escovitch sauce is the perfect foil for mild, flaky whole fish, either baked or fried, as in the popular Jamaican hawker breakfast (pictured on page 75).

- 2 2-lb. whole seabass or striped bass, scaled and cleaned

- Kosher salt and freshly ground black pepper, to taste
- ½ lime
- 4 sprigs thyme
- 2 scallions
- 1 Scotch bonnet or habaño chile, stemmed, seeded, and thinly sliced
- 2 tbsp. olive oil, plus more for greasing pan
- 1 each green, yellow, and orange bell pepper, stemmed, seeded, and thinly sliced
- 1 medium red onion, thinly sliced
- 1 tbsp. apple cider vinegar

1 Heat oven to 375°. Season the cavity of each fish with salt and pepper; squeeze lime juice inside. Stuff each with 2 sprigs thyme, 1 scallion, and ¼ of the chile; cut three diagonal slashes in the side of each fish, and season outsides with salt and pepper. Place fish on a greased foil-lined baking sheet, and bake until just cooked through, about 30 minutes.

2 Meanwhile, make the escovitch sauce by heating oil in a 12" skillet over medium-high heat; add remaining chile, peppers, and onion, and cook, stirring, until softened but slightly crunchy, about 5 minutes. Remove from heat, and stir in vinegar; season with salt and pepper. Top each fish with sauce.

Callaloo and Cheddar Quiches

SERVES 8

Jacqui Sinclair, food columnist for the *Jamaica Observer*, gave us the recipe for these mini brunch quiches made with callaloo, a spinach-like Jamaican green (pictured on page 75).

FOR THE CRUST:

- 2 cups flour
- 8 tbsp. unsalted butter, cubed and chilled
- ¼ tsp. kosher salt
- 1 tbsp. heavy cream
- 1 egg, lightly beaten

FOR THE FILLING:

- 2 tbsp. unsalted butter
- 3 cloves garlic, minced
- 1 large yellow onion, minced
- ½ red bell pepper, stemmed, seeded, and minced
- ½ Scotch bonnet or habaño chile, stemmed, seeded, and minced
- 8 oz. sharp cheddar cheese, grated
- 4 oz. cooked or canned callaloo or spinach, squeezed dry and finely chopped
- ½ cup milk
- 6 eggs
- Kosher salt and freshly ground black pepper, to taste

1 Make the crust: Combine flour, butter, and salt in a food processor, and pulse until pea-size crumbles form. Add cream and egg, and pulse until dough forms. Shape dough into a disk, and wrap in plastic wrap; chill for 1 hour.

2 Unwrap dough, and, using a rolling pin, roll dough until ¼" thick; using a 4" round cutter, cut out 8 circles and transfer each circle to a muffin tin cup, forming pleats on the sides so it fits in the cup. Refrigerate until ready to use.

3 Make the filling: Heat oven to 425°. Heat butter in a 2-qt. saucepan over medium-high heat; add garlic, onion, pepper, and chile, and cook, stirring until softened, about 10 minutes. Transfer to a bowl; stir in 6 oz. cheddar, callaloo, milk, and eggs. Season with salt and pepper. Divide evenly among muffin cups, and sprinkle tops with remaining cheddar. Bake until golden brown and set, about 30 minutes.

Conch Soup

SERVES 6-8

Sweet conch meat meets fiery chiles in this aromatic stew (pictured on page 79). Long simmering tenderizes the shellfish and results in a sumptuous dish.

- ¼ cup canola oil
- 10 cloves garlic, minced
- 1 large yellow onion, minced
- 1 tbsp. sugar
- 1 tsp. ground turmeric
- 1 tsp. paprika
- ¼ cup flour
- 1½ lb. conch meat, cut into ½" cubes (see page 111)
- 1 tbsp. fresh thyme leaves
- 1 large yellow yam or sweet potato, peeled and cut into ½" cubes
- 1 medium carrot, peeled and cut into ½" cubes
- 1 chayote squash, cut into ½" cubes
- 1 green banana, peeled and cut into ½" cubes
- 1 Scotch bonnet or habaño chile, slit in half lengthwise
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. finely chopped parsley
- 4 scallions, roughly chopped

Heat oil in a 6-qt. Dutch oven over medium-high heat; add garlic and onion; cook, stirring often, until soft, about 6 minutes. Add sugar, turmeric, and paprika, and cook, stirring, until fragrant, about 1 minute. Add flour, and cook, stirring, until smooth, about 1 minute; add conch meat and 6 cups water, and bring to a boil. Reduce heat to medium-low, and simmer until conch meat is tender, about 2 hours. Add thyme, yam, carrot, chayote, banana, and chile, and cook, stirring occasionally, until vegetables are tender, about 10 minutes. Remove from heat, and season with salt and pepper. Sprinkle with parsley and scallions.

Curried Chicken

SERVES 6-8

Bathed in fragrant curry- and ginger-infused coconut milk, this stew (pictured above) is a popular breakfast dish at Kingston cafés.

- 4 lb. boneless, skinless chicken thighs, cut into 1½" pieces
- ¼ cup fresh lime juice



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- 2 tbsp. curry powder
- $\frac{1}{4}$ cup coconut oil
- Kosher salt and freshly ground black pepper, to taste
- 1 tsp. ground allspice
- 3 cloves garlic, finely chopped
- 3 scallions, finely chopped
- 3 sprigs thyme
- 2 carrots, thinly sliced
- 1 chayote squash, cut into $\frac{1}{2}$ " cubes
- 1 russet potato, peeled and cut into $\frac{1}{2}$ " cubes
- 1 1" piece ginger, minced
- 1 cup coconut milk
- 1 Scotch bonnet or habañero chile, slit in half lengthwise
- Cooked white rice, for serving

1 Combine chicken, lime juice, and 1 tbsp. curry powder in a large bowl, and toss to combine; refrigerate for at least 4 hours or up to overnight.

2 Heat oil in a 6-qt. Dutch oven over medium-high heat. Season chicken with salt and pepper, and working in batches, add to pot, and cook, stirring, until golden brown all over, about 8 minutes. Transfer chicken to bowl with marinade, and set aside. Add remaining curry powder, the allspice, garlic, scallions, thyme, carrots, chayote, potato, and ginger, and cook, stirring occasionally, until lightly caramelized, about 6 minutes. Add chicken and any remaining marinade to pot along with coconut milk and chile, and stir to combine. Cook, stirring occasionally, until chicken is cooked through and sauce is thickened, about 40 minutes; serve over rice.

Hominy Porridge

MAKES 6-8

Dried hominy takes hours of cooking, but it yields a luscious porridge (pictured on page 80). This recipe comes from Kingston-based caterer Dian Watson.

- 4 cups milk
- 1 cup dried, broken yellow hominy (see page 111)
- 1 tsp. kosher salt
- 1 15-oz. can coconut milk
- 1 14-oz. can sweetened condensed milk
- 1 stick cinnamon
- 1 cup heavy cream
- 2 tsp. vanilla extract
- Freshly grated nutmeg, to garnish
- $\frac{1}{2}$ cup mixed candied fruits

Bring milk, hominy, and 2 cups water to a boil in a 6-qt. saucepan;

reduce heat to medium-low and cook, stirring often, until tender, about 4 hours. Add salt, coconut and sweetened condensed milks, and cinnamon, and cook, stirring often, until thickened, about 1 hour. Remove from heat, and stir in cream, vanilla, and nutmeg; sprinkle each serving with candied fruit.

Johnnycakes

MAKES ABOUT 14

These fluffy fried dumplings (pictured on page 80), served at the Wyndham Kingston Jamaica, are great alongside ackee and saltfish.

- Canola oil, for frying
- 4 cups flour
- $\frac{1}{4}$ cup sugar
- 2 tbsp. baking powder
- $\frac{1}{2}$ tsp. kosher salt
- 4 tbsp. unsalted butter, cut into $\frac{1}{2}$ " cubes and chilled
- $\frac{3}{4}$ cup milk

1 Pour oil into a 6-qt. Dutch oven to a depth of 2", and heat over medium-high heat until a deep-fry thermometer reads 325°.

2 In a large bowl, whisk together flour, sugar, baking powder, and salt; add butter, and, using your fingers, rub into flour mixture until pea-size crumbles form. Add milk, and stir until a stiff, sticky dough forms. Divide dough into about fourteen 2-oz. pieces and roughly shape into balls. Working in batches, fry until puffed and golden brown, about 12 minutes. Using a slotted spoon, transfer to paper towels to drain.

Sorrel

MAKES 4 CUPS

Bright and citrusy, this drink (pictured on page 76) is associated with Christmastime in Jamaica, but it's refreshing on any morning.

- 1 cup sugar
- 1 tbsp. uncooked white rice
- 1 tbsp. fresh orange juice
- 1 tsp. ground cinnamon
- 8 whole allspice berries
- 6 whole cloves
- 1 6" strip orange zest
- 1 2" piece ginger, peeled and coarsely grated
- 2 cups dried sorrel (see page 111)

Bring sugar, rice, juice, cinnamon, allspice, cloves, zest, ginger, and 4 cups water to a boil in a 2-qt. saucepan over high heat; remove from heat; stir in sorrel. Cover, and let sit for at least 24 hours. Pour through a fine

strainer lined with cheesecloth into a pitcher; refrigerate until chilled, at least 4 hours. Serve over ice.

Stamp-and-Go

(Salt Cod Fritters)

SERVES 6-8

These road snacks are possibly named for the way travelers would stamp their feet at food stands to hail vendors. This recipe, adapted from one given to us by Jamaican food columnist Jacqui Sinclair, pairs the fritters with a sauce made with culantro, an herb with a cilantro-like flavor.

FOR THE CULANTRO SAUCE:

- 2 cups mayonnaise
- $\frac{1}{2}$ cup finely chopped culantro or cilantro
- $\frac{1}{4}$ cup finely chopped parsley
- 1 tbsp. white wine vinegar
- 1 tbsp. fresh lime juice
- 2 tsp. lime zest
- 1 tsp. finely chopped basil
- 1 tsp. finely chopped thyme
- 2 cloves garlic, finely chopped
- $\frac{1}{2}$ Scotch bonnet or habañero chile, stemmed, seeded, and minced
- Kosher salt and freshly ground black pepper, to taste

FOR THE FRITTERS:

- 1 lb. dried salted cod
- 1 tbsp. canola oil, plus more for frying
- 6 cloves garlic, minced
- 2 small yellow onions, minced
- 2 scallions, finely chopped
- $\frac{1}{2}$ Scotch bonnet or habañero chile, stemmed, seeded, and finely chopped
- 2 cups flour
- 3 tbsp. baking powder
- 2 tsp. kosher salt
- 1 tsp. ground black pepper
- 6 eggs, lightly beaten

1 Make the culantro sauce: Whisk together all ingredients in a bowl; season with salt and pepper; chill.

2 Make the fritters: Place cod in a 2-qt. saucepan, and cover by 2" with cold water; bring to a boil over high heat, and cook for 20 minutes. Drain cod, return to saucepan, and repeat process twice more. Transfer cod to a bowl, and flake with a fork into large chunks; set aside.

3 Heat oil in a 12" skillet over medium-high heat; add garlic, onions, scallions, and chile, and cook, stirring, until soft, about 10 minutes. Remove from heat, and let cool; set aside. In a large bowl, whisk together flour, baking powder, salt, and pepper; add eggs, and

stir until dough forms. Add reserved cod and cooked vegetables, and stir gently until combined.

4 Pour oil into a 6-qt. Dutch oven to a depth of 2", and heat over medium-high heat until a deep-fry thermometer reads 350°. Using a tablespoon, drop rounds of dough into oil, and fry until golden brown, about 3 minutes; repeat with remaining dough. Using a slotted spoon, transfer fritters to paper towels to drain briefly. Serve immediately with culantro sauce.

Vegetable Run-Up

SERVES 8

This version of rundown, typically made with mackerel, was renamed by chef Yvonne Peters-Hope of Ashanti Oasis Vegetarian Restaurant, who gave us the recipe for this meat-free take on the savory breakfast stew (pictured on page 75).

- 4 cups coconut milk
- 1 tbsp. whole allspice berries
- 4 scallions, finely chopped
- 3 sprigs thyme
- 2 cloves garlic, minced
- 2 plum tomatoes, peeled, seeded, and finely chopped
- 1 large yellow onion, minced
- 1 Scotch bonnet or habañero chile, slit in half
- 4 oz. green beans, trimmed and cut into $\frac{1}{2}$ " lengths
- 3 medium carrots, peeled and cut into $\frac{1}{2}$ " cubes
- 2 chayote squash, cut into $\frac{1}{2}$ " cubes
- 1 each red, yellow, and green bell pepper, stemmed, seeded, and cut into $\frac{1}{2}$ " cubes
- 2 tsp. light brown sugar
- 1 14-oz. can pigeon peas, rinsed and drained
- Cooked white rice, for serving
- Freshly ground black pepper, to taste
- Finely chopped culantro, for serving (optional)

Bring coconut milk to a boil in a 6-qt. Dutch oven over medium heat; cook, stirring occasionally, until reduced to 1 $\frac{1}{2}$ cups, about 25 minutes. Add allspice, scallions, thyme, garlic, tomatoes, onion, and chile, and cook, stirring, until fragrant and slightly soft, about 5 minutes. Add green beans, carrots, chayote, and peppers, and cook, stirring occasionally, until soft, about 35 minutes. Stir in sugar and peas; cook until heated through, about 5 minutes more. Season with pepper, and serve over rice; garnish with culantro before serving.

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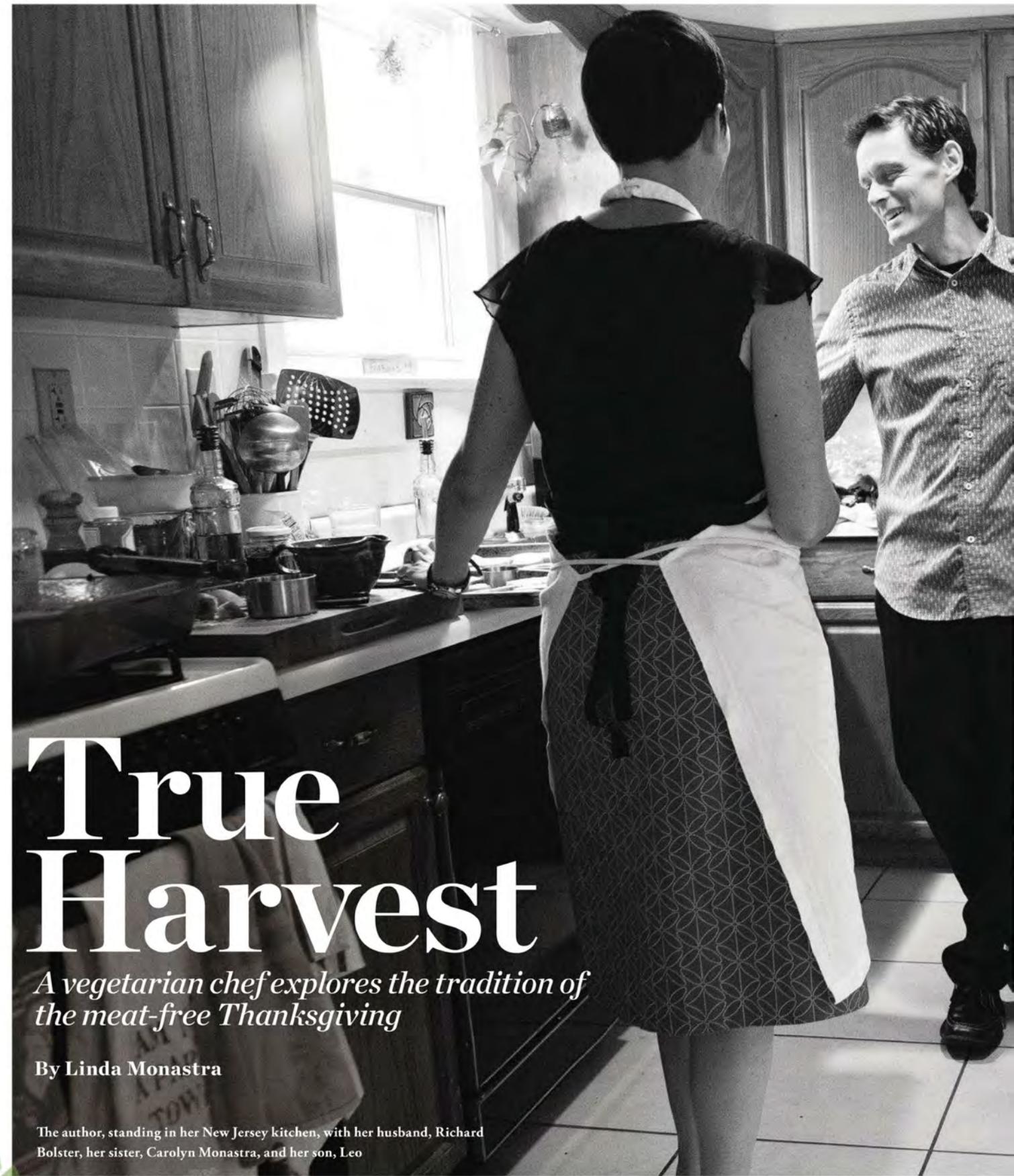
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True Harvest

A vegetarian chef explores the tradition of the meat-free Thanksgiving

By Linda Monastra

The author, standing in her New Jersey kitchen, with her husband, Richard Bolster, her sister, Carolyn Monastra, and her son, Leo



ON HOLIDAYS, my mom used to set the dining room table with china and place a roast as its centerpiece. She served ham for Easter, beef for Christmas, and turkey with sausage-and-oyster stuffing and giblet gravy for Thanksgiving.

But I haven't eaten meat since 1998, which for me is not only an ethical choice but a testament to my love of great produce. Nowadays I work as a chef in a vegan restaurant called Sprig & Vine in New Hope, Pennsylvania. For years, my husband, Richard, and I have been hosting Thanksgiving at our house in neighboring Lawrenceville, New Jersey. Everything we cook is vegetarian, but invariably one of our meat-eating friends asks if he or she can bring a turkey. In the spirit of gracious hosting, we've always obliged. But last year, in part inspired by New Jersey's fantastic local bounty, we asked our guests to forego the bird.

It was a tough decision, and it presented a challenge even to a veteran vegetarian like me. To my meat-eating friends, turkey is a symbol of Thanksgiving itself—a harvest feast where the food isn't only rich in flavor, but rich in meaning. The holiday bird and fixings embody Thanksgiving's ideals of sharing and gratitude. How would I re-create that resonance with a vegetarian meal? I'd have to look beyond the usual traditions to find inspiration.

I toyed with the idea of basing my Thanksgiving on one of the world's great vegetarian traditions. I love the aromatic curries and stews of Gujarat, in India. I'm fond of Egypt's Coptic cuisine, with its generously spiced vegan dishes eaten around fasting periods. But Thanksgiving is particular to our own culture; I wanted to keep the meal within the American idiom. So I dug into our national history for precedents.

As it turns out, Thanksgiving and vegetarianism took hold in the United States at roughly the same time. The mid-19th century was a heady period for meat-free eating here; Progressive Era ideas of social change included reforms in health and diet, and there were debates about animal welfare as well. Vegetarian communities and associations sprung up around the country. Around the same time, Thanksgiving—a traditional harvest meal whose date had hitherto varied—was coalescing as a national holiday; hoping to create unity during the Civil War, Abraham Lincoln declared its first set date in 1863.

One of the earliest known meat-free Thanks-

LINDA MONASTRA is a food writer and vegetarian chef. This is her first story for *SAVEUR*.

PENNY DE LOS SANTOS

givings was held in 1895 at the University of Chicago by a group in that city called the Vegetarian Eating Club. According to Karen and Michael Iacobbo in their book *Vegetarian America: A History* (Praeger, 2004), chestnut soup, pumpkin pie, and an incongruous dish called pasta d'Italia were among the meal's highlights. I liked the idea of a dish that evoked my family's Italian roots, so I put ricotta crostini on my appetizer menu, making the ricotta myself—an easy matter of separating the curds and whey with lemon juice. When I was a kid, soup was something we made with the leftover turkey carcass. A Victorian-style soup course, I thought, would add elegance to the meal. I went for something lighter than chestnuts, using local Granny Smith apples and acorn squash. I saved the nuts for dessert, upgrading the traditional pumpkin pie to a luscious pumpkin cheesecake with a gingersnap-hazelnut crust, paired with an apple cider-cinnamon ice cream to gild the lily even more.

My favorite early-20th-century proponent of vegetarianism turned out to be the socialite

I upgraded the traditional pie to a luscious pumpkin cheesecake with a gingersnap–hazelnut crust

Mrs. Maud R. L. Sharpe, who authored *The Golden Rule Cook Book: Six Hundred Recipes for Meatless Dishes* in 1906. Six years later, Sharpe founded the Millennium Guild to promote meat-free eating. The Guild held illustrious vegetarian Thanksgiving dinners at Boston's Copley Plaza Hotel, where guests feasted on mushroom cocktail, hearts of palm (served, the newspaper *Boston American* reported, “ piping hot and tasting like chicken”), and a “Golden Rule” roast—presumably made from nuts, like the other roasts in Sharpe's cookbook.

Though I wasn't keen on the idea of mock meat, I understood the need for a standout entrée to take the place of the turkey; it should be something that could be apportioned like meat, in a cutlet or patty form. I decided to serve two such dishes: cornmeal-crusted tempeh with a sweet-tart maple-mustard “gravy,” and patties of cannellini beans, sweet potatoes, and spinach, which were spiced warmly for the season, with nutmeg, cinnamon, and sage.

To round out the meal, I would also introduce some of the foods from the Thanksgivings





of my youth. Frozen peas were a throwback, but I gave them new life with fresh orange juice and mint. I swapped my mom's standard mashed potatoes for a luxurious gratin that included local rutabaga. I found that cooking the vegetables in a béchamel sauce on the stove top before baking resulted in a particularly creamy version. I made the biscuits I've always loved, with honey, rosemary, and thyme. And in place of canned cranberry sauce, which my mother used to mold with a turkey-shape cookie cutter, I adapted my sister Carolyn's recipe for cranberry chutney, using honey and ginger for sweetness and spice, and celery and onions for savory crunch. Tangy and bright, it went beautifully with the savory patties.

I skipped the traditional stuffing in favor of a wheat berry pilaf with dried apricots and pistachios. Spiced with cardamom, cumin, and cinnamon, it evoked the intensely flavored Indian dishes that I so admired, but it felt perfectly in sync with the harvest season in the States. In fact, I found that many of my dishes benefited from the type of robust spicing that is so common in Asian vegetarian cooking. The autumn vegetable patties got a racy shot of cayenne; the sweet apple and squash soup gained dimension from Chinese five-spice powder.

Looking over our menu, Richard and I decided that beer, not wine, would pair best with each course (see "Party Like the Pilgrims," page 88). It would cut through all the spices, and it, too, had historical significance: The Pilgrims carried ale with them from England and made the decision to land at Plymouth Rock due to "our victuals being much spent, especially our beer," as one *Mayflower* diary noted.

When our guests arrived, Richard met them at the door with champagne flutes of tart Orval ale, and everyone snacked on the ricotta crostini and other appetizers. Then we sat down at the table laden with dish upon meat-free dish. The buzz of conversation lapsed into satisfied murmurs as our guests tucked into their food. I watched my crowd dig happily into the vegetable patties and the cranberry chutney, the tempeh and the pilaf and the gratin, and felt the warmth of the occasion. Even without the bird, the meal was complete. This must be what Maud Sharpe felt like all those years ago, I thought. Though I don't know if her attendees embraced the Golden Rule roast, not one of my guests talked turkey. 🦃

Clockwise from top left: peas with orange and mint, cranberry-ginger chutney, autumn vegetable patties, wheat berry pilaf, pumpkin cheesecake, potato and rutabaga gratin, honey-herb biscuits, and winter squash and apple soup (see page 88 for recipes)

TODD COLEMAN

Autumn Vegetable Patties

SERVES 8

A satisfying vegetarian main course, these sweet potato, white bean, and spinach patties (pictured on 87) are terrific served with cranberry-ginger chutney (see recipe below).

- 8 tbsp. unsalted butter
- 1 medium sweet potato, peeled and grated (about 1½ cups)
- ¾ cup panko bread crumbs
- 1 tbsp. minced fresh sage
- ½ tsp. ground cinnamon
- ½ tsp. freshly grated nutmeg
- ¼ tsp. cayenne
- 12 oz. fresh spinach, boiled until tender, squeezed dry, and chopped
- 1 15-oz. can cannellini beans, drained, rinsed, and mashed
- 1 egg white, lightly beaten
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup olive oil
- 1 cup sour cream

1 Heat 6 tbsp. butter in a 10" skillet over medium heat; add sweet potato, and cook, stirring, until lightly browned, about 10 minutes. Add ¾ cup bread crumbs, sage, cinnamon, nutmeg, and cayenne, and cook, stirring, for 1 minute. Transfer to a large bowl and stir in spinach, mashed beans, and egg white; season with salt and pepper.

2 Using your hands, shape vegetable mixture into eight 4"-long oblong patties, about ½" thick; coat patties in remaining bread crumbs. Heat 2 tbsp. oil and 1 tbsp. butter in a 12" skillet over medium-high heat; add 4 patties, and cook, turning once, until browned on both sides, about 6 minutes. Transfer to a serving platter, and repeat with remaining oil, butter, and vegetable patties.

3 To serve, season sour cream with salt and pepper, and top each patty with a dollop of sour cream.

Cranberry-Ginger Chutney

MAKES ABOUT 3 CUPS

This sophisticated take on cranberry sauce (pictured on page 87), laced with spices and plenty of fresh ginger, gets a crunchy boost from chopped celery and tart apples.

- 1 tbsp. unsalted butter

- 2 ribs celery, finely chopped
- 1 small yellow onion, finely chopped
- 1 lb. (about 4 cups) fresh or frozen cranberries
- ½ cup packed light brown sugar
- ¼ cup honey
- 2 tbsp. sugar
- 2 tsp. ground cinnamon
- 1½ tsp. finely grated fresh ginger
- ¼ tsp. ground allspice
- 1 tart apple, such as Granny Smith, stemmed, cored, and finely chopped

Heat butter in a 4-qt. saucepan over medium heat; add celery and onion, and cook, stirring, until soft, about 12 minutes. Add cranberries, brown sugar, honey, sugar, cinnamon, ginger, allspice, apple, and 1 cup water, and bring to a boil; cook, stirring until cranberries burst and release their juices, about 15 minutes. Reduce heat to medium-low, and cook, stirring often, until berries are tender and chutney is the consistency of thick jam, about 1 hour.

Honey and Herb Biscuits

MAKES ABOUT 2 DOZEN BISCUITS

Instead of plain dinner rolls, author Monastra serves these fluffy biscuits (pictured on page 86), fragrant with rosemary and thyme, with her Thanksgiving spread.

- 7½ cups flour
- ¼ cup finely chopped rosemary
- 3 tbsp. baking powder
- 2 tsp. finely chopped thyme leaves
- 2 tsp. kosher salt
- 1 tsp. baking soda
- 1 tsp. freshly ground black pepper
- 12 tbsp. unsalted butter, cut into ½" cubes and chilled
- 2 cups buttermilk
- ¾ cup half-and-half
- ¼ cup honey

1 Heat oven to 375°. Whisk together flour, rosemary, baking powder, thyme, salt, baking soda, and pepper in a large bowl; add butter, and using your fingers, rub butter into flour mixture until pea-size crumbles form.

2 In a medium bowl, whisk together buttermilk, half-and-half, and honey; add to dry ingredients, and using a fork, stir together ingredi-

ents until just combined. Transfer dough to a well-floured work surface, and pat into a 1"-thick disk. Using a 3" round cutter, cut out biscuits and transfer to a parchment paper-lined baking sheet, arranging them so their edges touch. Roll scraps and cut out more biscuits until all the dough is used. Bake until golden brown, about 35 minutes.

Peas With Orange and Mint

SERVES 6-8

Fresh orange juice and plenty of mint enliven ordinary frozen peas in this Thanksgiving side dish (pictured on page 86).

- 4 tbsp. unsalted butter
- 2 large shallots, thinly sliced
- 4 cups frozen green peas
- ¼ cup fresh orange juice
- Kosher salt and freshly

ground black pepper, to taste

- 3 tbsp. finely chopped mint
- Peeled zest of 1 orange, julienned

Heat butter in a 12" skillet over medium-high heat; add shallots, and cook, stirring often, until soft, about 4 minutes. Add peas, juice, and salt and pepper, and cook, stirring, until heated through, about 5 minutes. Remove from heat and stir in mint and orange peel before serving.

Potato and Rutabaga Gratin

SERVES 6-8

Earthy rutabagas and aged Gruyère add intrigue to classic potato gratin (pictured on page 86). Slicing the root vegetables with a mandoline and cooking the ingredients on the stove top before baking results in

Party Like the Pilgrims



At our house, the drink of choice for Thanksgiving isn't pinot noir or prosecco; it's beer. The yeasty, malty brew goes great with generously spiced fall foods, and we figure if it was good enough for the Pilgrims, it's good enough for us. With the appetizers, we serve flutes of **1 Orval Trappist Ale** (330ml; \$5.99), a tripel-style ale from a Trappist Cistercian monastery in southwest Belgium. Its sage, pear, and apple notes meld with the winter squash and apple soup, and its champagnelike effervescence and refreshingly dry finish always make it a wonderful aperitif. For an American counterpart to the Orval, we like **2 Ommegang BPA** (750ml; \$7.99). This Belgian-style pale ale has a hoppy snap that is assertive without being overwhelming, and it cuts through the richness of the ricotta crostini. With its clove and coriander fragrance and maple and malt sweetness, **3 Maudite** (750ml; \$6.99), a strong, dark ale from the Canadian brewery Unibroue, tastes like Thanksgiving in a glass. The heady brew matches the range of warm spices in the main courses, yet its surprisingly crisp finish cleans the palate, readying it for each new dish. In **4 Allagash Black** (750ml; \$9.99), a potent stout from Maine, bitter coffee notes and a high-alcohol warmth are balanced by a sugary sweetness. It's great with rich side dishes like the potato and rutabaga gratin. For dessert, the chocolate and espresso flavors in **5 Founders Breakfast Stout** (355ml; \$2.50) mingle with the cheesecake's nutty richness and the ice cream's spice the same way a dark-roasted coffee would, while the beer's deep, creamy texture, derived from oats, mirrors both desserts' smoothness. —Richard Bolster



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TRAVEL THE WORLD. TASTE THE EXPERIENCE.

an especially luscious dish.

- 4 tbsp. unsalted butter
- 2 tbsp. olive oil
- 4 cloves garlic, finely chopped
- 1 medium red onion, thinly sliced
- $\frac{1}{4}$ cup flour
- 2 cups milk
- 1 cup heavy cream
- 1 lb. russet potatoes, peeled and very thinly sliced
- 1 lb. rutabagas, peeled and very thinly sliced
- 1 tbsp. minced thyme leaves
- 2 cups (about 4 oz.) grated Gruyère cheese
- Kosher salt and freshly ground black pepper, to taste

Heat oven to 425°. Heat butter and oil in a 6-qt. saucepan over medium-high heat; add garlic and onion, and cook, stirring often, until soft, about 6 minutes. Stir in flour, and cook until smooth, about 1 minute. Add milk and cream, and stir until smooth. Add potatoes, rutabagas, and 2 tsp. thyme, and bring mixture to a boil; cook, stirring often, until vegetables are slightly tender and broken apart, about 5 minutes. Stir in half the cheese and salt and pepper, and then transfer to a 9" x 13" baking dish; top with remaining cheese and bake until golden brown and bubbling, about 25 minutes. Sprinkle with remaining thyme before serving.

Spiced Wheat Berry Pilaf

SERVES 8-10

Eastern spices like cumin and cardamom add bright notes to this earthy, pleasantly chewy pilaf (pictured on page 87), enriched with pistachios and dried apricots. Serve this as a lighter alternative to traditional bread stuffing.

- 2 cups wheat berries
- $\frac{1}{4}$ cup olive oil
- 3 cloves garlic, finely chopped
- $\frac{1}{4}$ cup (about 3 oz.) finely chopped dried apricots
- $\frac{1}{2}$ cup pistachios, roughly chopped
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- $\frac{1}{2}$ tsp. ground cardamom
- Kosher salt and freshly ground black pepper, to taste
- $\frac{1}{4}$ cup roughly chopped mint
- Zest and juice of 1 lemon

1 Bring wheat berries and 6 cups

water to a boil in a 2-qt. saucepan over high heat; cook, stirring occasionally, until tender, about 45 minutes. Drain and set aside.

2 Heat oil in a 12" skillet over medium-high heat; add garlic, and cook, stirring, until soft, about 1 minute. Add reserved wheat berries, along with apricots, pistachios, cinnamon, cumin, cardamom, and salt and pepper, and cook, stirring, until warmed through and fragrant, about 5 minutes. Remove from heat and stir in mint and lemon zest and juice.

Winter Squash and Apple Soup

SERVES 6-8

A garnish of fried mushrooms and a drizzle of spiced mint butter adds elegance to this fragrant, seasonal soup (pictured on page 87).

- 2 tbsp. olive oil
- 1 large yellow onion, finely chopped
- 2 tsp. minced fresh ginger
- 2 cloves garlic, minced
- 1 tsp. ground turmeric
- $\frac{1}{2}$ tsp. Chinese five-spice powder
- 2 acorn squash (about 1 $\frac{1}{4}$ lb.), peeled, seeded, and cut into $\frac{1}{2}$ " cubes
- 2 tart apples, such as Granny Smith, peeled, cored, and cut into $\frac{1}{2}$ " cubes
- Kosher salt and freshly ground black pepper, to taste
- 4 cups vegetable stock
- 1 tsp. fresh lime juice
- 1 cup canola oil
- 1 cup thinly sliced shiitake mushrooms
- 6 tbsp. unsalted butter
- 1 tsp. dried mint
- $\frac{1}{2}$ tsp. ground cumin
- $\frac{1}{2}$ tsp. paprika

1 Heat olive oil in a 6-qt. saucepan over medium-high heat; add onion, and cook, stirring often, until lightly browned, about 15 minutes. Add ginger and garlic, and cook, stirring, for 1 minute. Add turmeric, five-spice powder, squash, apples, and salt and pepper, and cook, stirring, until fragrant, about 2 minutes. Add stock, and bring to a boil; cook, covered and stirring occasionally, until squash and apple are tender, about 15 minutes.

2 Using an immersion blender or food processor, puree the soup and then return it to saucepan. Stir in the lime juice and keep warm.

3 Meanwhile, heat canola oil in a 2-qt. saucepan over medium-high heat until a deep-fry thermometer reads 350°; add mushrooms, and fry until browned and crisp, about 3 minutes. Using a slotted spoon, transfer mushrooms to paper towels to drain; set aside and reserve oil for another use. Wipe saucepan clean and add butter, mint, cumin, paprika, and salt and pepper; heat over medium heat, and cook, stirring, until melted and fragrant, about 5 minutes.

4 To serve, ladle soup into bowls; drizzle each bowl with some of the spiced mint butter and top with some of the fried mushrooms.

Desserts

Apple Cider-Cinnamon Ice Cream

MAKES 1 QUART

This autumnal ice cream is the perfect, cool finish to author Linda Monaster's vegetarian Thanksgiving feast.

- 2 cups apple cider
- $\frac{3}{4}$ cup evaporated cane juice or sugar
- 1 stick cinnamon
- 2 cups milk
- 2 cups heavy cream
- $\frac{1}{4}$ tsp. ground cinnamon
- 6 egg yolks

1 Whisk apple cider, cane juice or sugar, and cinnamon stick in a 4-qt. saucepan over medium-high heat; bring to a boil, and cook, stirring occasionally, until reduced to $\frac{1}{2}$ cup, about 25 minutes; remove from heat and discard cinnamon stick. Stir in milk and cream until smooth, and then add ground cinnamon and egg yolks; whisk until smooth. Return saucepan to medium heat and cook, stirring often, until mixture thickens and coats the back of a spoon, about 20 minutes. Pour custard through a fine strainer into a medium bowl, and let cool; refrigerate until chilled.

2 Process chilled custard in an ice cream maker according to manufacturer's instructions. Transfer to a storage container and freeze until firm, at least 4 hours.

Pumpkin Cheesecake With Gingersnap and Hazelnut Crust

SERVES 12-14

A crust made with gingersnaps spices up this creamy dessert, an

autumnal take on classic cheesecake (pictured on page 87).

FOR THE CRUST AND TOPPING:

- 1 $\frac{1}{2}$ cups (about 8 oz.) finely ground gingersnap cookie crumbs
- $\frac{3}{4}$ cup finely ground hazelnuts
- 6 tbsp. unsalted butter, melted
- 3 tbsp. packed light brown sugar
- 3 tbsp. sugar
- 1 tsp. vanilla extract
- 1 16-oz. container sour cream

FOR THE FILLING:

- 1 cup packed light brown sugar
- 1 tsp. ground cinnamon
- $\frac{1}{4}$ tsp. ground allspice
- $\frac{1}{4}$ tsp. ground ginger
- 3 8-oz. packages cream cheese, softened
- 4 eggs
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ cup maple syrup
- 2 tsp. vanilla extract
- 1 15-oz. can pumpkin puree

1 To make the crust: Heat oven to 325°. Wrap the outside of a 9" springform pan with foil and set aside. Combine gingersnap crumbs, hazelnuts, butter, and brown sugar in a food processor, and process until evenly combined. Transfer to pan and press evenly into bottom and halfway up side; bake until set, about 10 minutes. Let cool and set aside. Meanwhile, to make the topping, whisk together sugar, vanilla, and sour cream in a medium bowl until smooth; set aside.

2 To make the filling: In the bowl of a stand mixer fitted with a paddle, beat brown sugar, cinnamon, allspice, ginger, and cream cheese until smooth and fluffy, about 3 minutes. Add eggs one at a time, beating well after each addition, until evenly incorporated. Add cream, syrup, vanilla, and pumpkin, and mix until smooth. Pour filling over crust and place pan in a large roasting pan; pour enough boiling water into roasting pan to come halfway up side of springform pan. Bake until filling jiggles slightly in the center when the pan is tapped on the side, about 1 hour and 45 minutes. Pour sour cream topping over filling and gently smooth top; continue baking for 5 minutes. Remove springform pan from water bath and let cool completely to room temperature. Chill until set, at least 4 hours or overnight, before serving.

Here's to NORTHWEST RED POTATOES

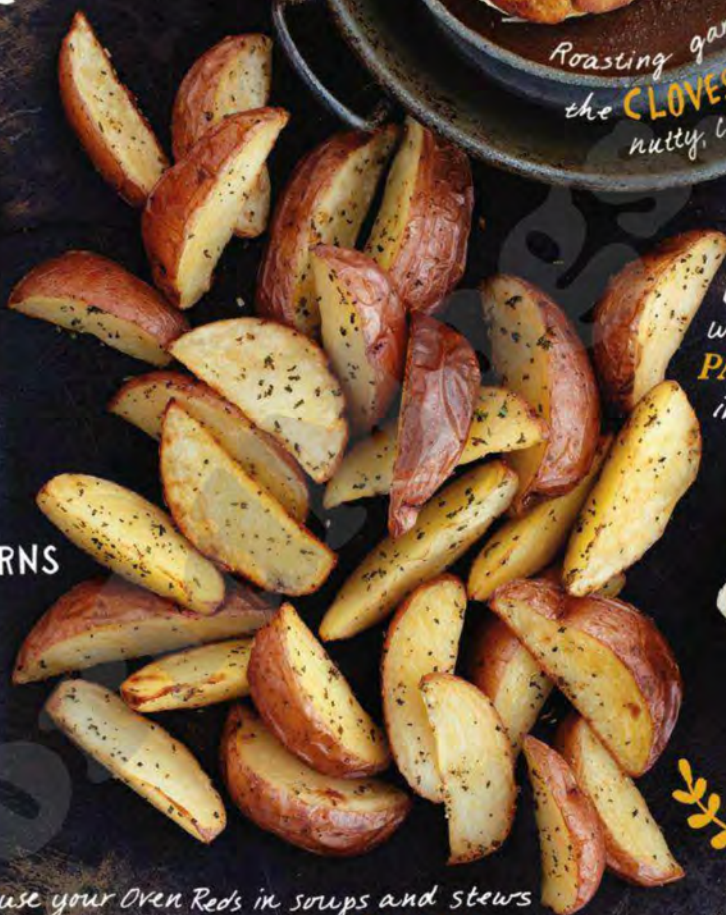
by way of the
Mediterranean.



We season with
WHITE PEPPER,
which is just
BLACK PEPPERCORNS
with the skins
removed.



Roasting garlic mellows
the **CLOVES** to bring out
nutty, caramel notes.



We use Parmesan
which originated from
PARMA, ITALY
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instead of regular potatoes. They are **YUMMY**, already
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THE ART OF SOUP

**IN THE HEART OF EUROPE,
A GRAND SOUP-MAKING
TRADITION ENDURES**

WHEN THERE'S A CHILL in the air, few sights are as reassuring as a pot of soup bubbling on the stove top. That's true in much of the world, but the countries of Central Europe have given rise to what is arguably the richest soup-making tradition of all. Dumplings in meaty broth, hearty pottages thick with barley, velvety purees of vegetables and cream: Soups like these run through the region just as surely as the Rhine and Danube rivers do. There are different inflections, of course, depending on where you are: the bonanza of dumplings—from tiny spaetzle to brawny, meat-filled *Maultaschen*—in southern Germany; the penchant for sour cream closer to the Black Sea; and in Hungary, the vivid red broths spiced with paprika. Over the centuries, these disparate foodways have coalesced into a unified canon, and the soups on the following pages are all shaped by principles of classical technique still rigorously upheld in Mittel-European professional kitchens. Soup is, fundamentally, the most economical of foods, a means of making leftovers and scraps into a satisfying meal. But exquisite soups like these are something more: a testament to the transformative power of passionate and thoughtful cooking. They are as pleasurable to prepare as they are to eat.

BY BETH KRACKLAUER
PHOTOGRAPHS BY TODD COLEMAN





MAULTASCHENSUPPE (Dumplings in Broth)

The meat-filled, ravioli-like dumplings in this deeply comforting soup (pictured on the previous page) are a specialty of Swabia, in southern Germany. Their name, *Maultaschen*, literally means “feedbag,” probably because their shape resembles one, though they’re also known as *Herrgottsbscheißerle*, or “little ones to cheat the Lord,” as they’re traditionally served on Christian days of fasting—the assumption being that God won’t be the wiser as long as the meat is concealed within the

pasta. This simple-looking soup is similarly deceptive: Complex flavor is built in at every stage of the cooking process. The base is a chicken stock enhanced with a confetti of brunoise-cut carrots and celery, and garnished with chives. The filling in the dumplings is a savory mix of minced beef, pork, veal, and smoky bacon; egg, cream, spinach, and nutmeg make them even more sumptuous. And a final dollop of caramelized onion on each meaty dumpling provides a hit of concentrated sweetness.

OCHSENSCHWANZSUPPE (Oxtail Consommé)

Oxtail is a delicious cut, and a particularly useful one for making soup. It contains plenty of collagen and marrow, which contribute rich flavor and luscious body to a consommé—a kind of broth whose name translates as *consummate*, or *perfect*, which in this context means perfectly clear. This version comes from northern Switzerland, but similar soups come out of restaurant kitchens across the Continent; it owes its extraordinary depth not only to the oxtail but also to a few time-honored culinary techniques.

Pincage, for example, is a French-derived method for caramelizing tomato paste to bring sweetness to the soup without imparting a detectable tomato flavor. The oxtail is roasted to a dark brown before going into the pot, which caramelizes its surface and imparts intense savory flavor as well as sweetness. Perhaps most ingenious of all is what’s called a raft: a mass of ground meat and egg whites cooked with the broth to absorb impurities. When the raft is discarded, what’s left is a consommé of crystalline clarity.





KARFIOLLEVES (Paprika-Spiced Cauliflower Soup)

In Hungary, the soup course is a point of national pride, and Hungarian cooks have developed a whole battery of soup-making techniques unknown in other European cooking traditions. One secret behind this warming, brick-red cauliflower soup is the handling of the paprika, a spice introduced by occupying Turks in the 16th century and thereafter embraced by Hungarians as their own. Paprika is fat-soluble, so it makes sense to begin by cooking it in butter, but it also releases its

flavor quickly and scorches easily, so broth is added to the pot soon after. Whereas cooks elsewhere rely on rich meat or vegetable broths as building blocks of flavor, Hungarians tend to use very light broths or even water; in a soup like this one, the idea is to let the pure flavor of the vegetables shine through. Once this soup comes together, a dough made from eggs, butter, flour, and salt is sliced into the boiling pot to form tiny, spaetzle-like dumplings called *galuska*.



PALÓCLEVES (Lamb Soup With Sour Cream)

Thousands of years ago, when nomadic horsemen galloped into what's now known as Hungary, they carried with them the *bogrács*, or "kettle," that launched a glorious legacy of hearty Hungarian soups. This sour cream-laced lamb and yellow wax bean soup, for instance, is a cousin of *gulyás* (goulash), the first dish most people think of when they think of Hungarian food. Though it's named for the rural region of Palóc, in northern Hungary, it's believed to have been created in late-19th-

century Budapest, in the kitchen of the István Főherceg Hotel—a chef's refined take on soulful peasant cooking. It is emphatically Hungarian not only in its generous use of paprika but also in the way it puts meat front and center, a ritual echo of those ancient nomads with their sustaining herds of livestock. The sour cream added to the soup (another Hungarian culinary signature) is mixed with flour first, which prevents the cream from curdling and keeps the texture silky smooth.



MARKKLÖSSCHENSUPPE (Beef Marrow Dumpling Soup)

German cooks are master garnishers when it comes to soup; they even have a name for this particular type of garnish: *Einlagen* (lay-ins). Dumplings are the most ubiquitous of the so-called lay-ins, and they come in countless shapes, sizes, and textures, from small, rich *butternocken* to the fluffy matzo balls perfected over the centuries in Ashkenazi Jewish cooking. In many respects reminiscent of matzo balls, the orb-shaped dumplings in this classic beef-based soup from

Germany's Rhine Valley are shaped from bread soaked in water and bound with egg. They get their richness and savory flavor from an ample measure of luscious beef marrow mixed into the dough; a liberal sprinkling of nutmeg balances that richness with warming, woodsy spice. The dumplings boil right in the beef stock along with shards of julienned carrot and leek, releasing some of their marrow to enrich the soup even as they soak up more beefy flavor.



GRAUPENSUPPE (German Barley Soup)

Show up hungry at a home or *gasthaus* just about anywhere in Germany and you might well be greeted with some variant of this soothing soup of barley and stock, particularly if it's cold outside, or if your host decides you're looking a little under the weather. Barley is one of Germany's most ancient crops, a true staff of life and a comfort food par excellence. In this case, a generous hunk of *speck* (bacon) and thin links of dry-cured sausage simmer in the broth, imparting a deep, smoky

flavor. The classic trio of *Suppengrün* (soup greens)—diced carrot, celery root, and leek—are added later, so that they'll contribute flavor and also retain some firmness. But it's the barley, above all, that makes this soup so satisfying. The grain releases its starch as it cooks, giving the finished soup a rib-sticking thickness and creaminess. It makes such a substantial dish, in fact, that it is typically served not as a soup course but as an *Eintopf*, or one-pot meal.

KARTOFFELRAHMSUPPE (Spiced Potato Soup)

Over the centuries when potatoes were one of the only vegetables available through the lean winter months, this refreshing soup, from Germany's Black Forest region, must have tasted like a miracle. Grated horseradish (another long-storing root) gives it an invigorating zing, and though the combination of potatoes and cream might sound heavy, one of the charms of this soup is that it's actually quite light. These days, an immersion blender is used to whip it into a froth, and the starch from the potatoes

helps to set the air bubbles and maintain that ethereal consistency. Soups like this one, served with a garnish of garlicky *Fleischwurst* sausage, are classic German pub fare, and in the Palatinate region, in the western part of the country, they are traditionally eaten for lunch along with a yeasty cake called *Quetschekuche*, made with small, blue, sweet-sour plums. Then again, as airy and elegant as this soup is, it also makes a wonderful, appetite-whetting opener for a multicourse meal. 🍴

Graupensuppe

(German Barley Soup)

SERVES 8

Klaus Weiler, the chef at Weinhaus Weiler in Oberwesel, Germany, shared the recipe for this classic barley soup (pictured on page 98). Garnished with sausage, it's substantial enough to make a meal in itself.

- 4 tbsp. unsalted butter
- 1 medium yellow onion, finely chopped
- 1 cup pearl barley (see page 111)
- 8 cups vegetable stock
- ½ cup finely chopped peeled russet potato
- ½ cup finely chopped carrot
- ½ cup finely chopped celery root
- ½ cup finely chopped leek
- 1 tsp. dried marjoram
- 2 German sausages, like bockwurst or bratwurst (see page 111)
- 1 2-oz. piece bacon
- Freshly grated nutmeg, to taste
- Kosher salt and freshly ground black pepper, to taste
- ½ cup thinly sliced flat-leaf parsley leaves

Heat butter in a 6-qt. saucepan over medium-high heat; add onion, and cook, stirring, until soft, about 5 minutes. Add barley, and cook, stirring, until lightly toasted, about 5 minutes. Add stock, potato, carrot, celery root, leek, marjoram, sausages, and bacon, and cook, stirring occasionally, until sausages are tender, about 35 minutes. Remove sausages and bacon from saucepan, thinly slice sausages, and discard bacon. Season soup with nutmeg, salt, and pepper. To serve, ladle soup into 8 serving bowls, and garnish with parsley and sliced sausage.

Karfiollevés

(Paprika-Spiced Cauliflower Soup)

SERVES 4

This recipe for paprika-spiced cauliflower soup (pictured on page 95) comes from chef Andrea Németh at the restaurant Bagolyvár in Budapest. To form the tiny dumplings, called *galuska*, she simply drops bits of dough into the simmering broth.

- ½ cup flour
- ½ tsp. kosher salt
- 6 tbsp. unsalted butter, cubed and chilled
- 1 egg
- 1½ tbsp. Hungarian hot paprika

- 1 large yellow onion, finely chopped
- 6 cups vegetable stock
- 1 small head cauliflower, large stem removed, cut into florets
- 1 medium carrot, peeled and finely chopped
- Kosher salt and freshly ground black pepper, to taste
- 1 small bunch flat-leaf parsley, stemmed and finely chopped

1 Make the dumplings: In a bowl, stir together flour and salt; add 2 tbsp. butter, and using your fingers, rub into flour until pea-size crumbles form. Add egg, and stir until dough forms; refrigerate until ready to use.

2 Heat remaining butter in a 6-qt. saucepan over medium-high heat; add paprika and onion, and cook, stirring, until soft, about 5 minutes. Add vegetable stock, cauliflower, and carrot; season with salt and pepper, and bring to a boil. Reduce heat to medium, and cook, stirring occasionally, until vegetables are tender, about 15 minutes. Using a ½-tsp. measuring spoon, portion out and drop all dumpling dough into simmering soup; cook, stirring occasionally, until dumplings are cooked through, about 3 minutes.

3 To serve, ladle soup and dumplings into 4 serving bowls, and garnish with parsley.

Kartoffelrahmsuppe

(Spiced Potato Soup)

SERVES 4

Fragrant with nutmeg and marjoram, this creamy potato soup (pictured on page 99) from Oliver Steffensky, chef at Dorfstuben in the Hotel Bareiss, in Germany's Black Forest, gets a zesty kick from a grating of fresh horseradish root. After cooking, it's whipped into a smooth, airy froth.

- 4 tbsp. unsalted butter
- 3 cloves garlic, peeled and crushed
- 1 small yellow onion, finely chopped
- ½ leek, white and light green parts only, cut into 1" slices
- 1¼ lb. Yukon gold potatoes, peeled and cut into 2" chunks
- 2½ cups chicken stock
- 1¼ cups heavy cream
- ¼ cup finely chopped celery root
- 2 tbsp. finely grated fresh or prepared horseradish
- 1½ tsp. finely chopped marjoram
- 2 whole cloves
- 2 bay leaves
- Freshly grated nutmeg, to taste

Kosher salt and freshly ground black pepper, to taste

- 1 tbsp. olive oil
- 2 tbsp. finely chopped chives
- Caramelized onions, for garnish

Heat butter in a 6-qt. saucepan over medium-high heat; add garlic, onion, and leek, and cook, stirring, until soft, about 3 minutes. Add potatoes, stock, cream, celery root, horseradish, marjoram, cloves, and bay leaves, and bring to a boil; reduce heat to medium-low, and cook, stirring occasionally, until potatoes are soft, about 30 minutes. Season with nutmeg, salt, and pepper; remove from heat, and using an immersion blender, regular blender, or food processor, purée soup until smooth and frothy. To serve, ladle soup into 4 bowls, and garnish with chives and caramelized onions.

Markklösschensuppe

(Beef Marrow Dumpling Soup)

SERVES 8

The dumplings in this beef soup (pictured on page 97) get a boost of richness from beef bone marrow; parsley and nutmeg impart bright and warming flavors. The recipe comes from German chef Klaus Weiler.

Making Maultaschen



The ravioli-like dumplings, or *Maultaschen*, called for in the recipe for *Maultaschensuppe* on the following page aren't as difficult to make as you might imagine. Chef Oliver Steffensky of the restaurant Dorfstuben at Hotel Bareiss, in Germany's Black Forest, showed us his straightforward technique for making 24 *Maultaschen* at a time, enough to garnish 8 bowls of soup. **1** Once he's made the dough and allowed it to chill for 1 hour, he prepares his work surface by sprinkling a small amount of flour over it. He passes each piece of dough through the rollers of a pasta machine three or four times until it is quite thin, about 1/16", taking care that it doesn't tear, until it eventually takes on the appearance of satin. He knows he's achieved the correct thickness when the sheet of dough is translucent; if the pasta is too thick, the dumplings will be chewy. **2** With the ribbon of dough laid out lengthwise before him, he uses a pastry bag to pipe a line of meat filling 1" wide from one end to the other. He makes sure the filling is distributed evenly, as this will make for uniform dumplings that will all cook through at the same rate (as necessary, you can reshape the filling by hand with moistened fingers). **3** Next, he slips his hands under the noodle and the filling and gently lifts the edge nearest him along the entire length of the dough, rolling the whole mass forward as he goes, folding the dough over onto itself to form a long tube with a border of excess pasta running along its entire length. He brushes the border and the edge of the tube with beaten egg and seals the tube by rolling the dough forward just a bit more and gently but firmly pressing down with his fingers. He then trims the excess dough by running a paring knife down the length of the sealed tube. **4** He uses a knife-honing steel to divide the length of filled dough into discrete dumplings, slowly pressing down at 2" intervals to form square mounds of meat-filled dough. Each time as he presses down, once dough meets dough he rolls the steel one half-turn in both directions to ensure a proper seal. He then separates the dumplings from one another with a paring knife. **5** Finally, he plunges the dumplings into vigorously boiling salted water. He checks on them after about 20 minutes; if the filling is cooked through and the pasta still tender, they are ready to be transferred with a slotted spoon to the soup. —Lauren Utovich



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Bob Nolet Carolus Nolet Sr. Carl Nolet Jr.

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Turkish Rose

Also known as Damask rose, it adds a light, refined air.



Peach

A succulent fruit with delicate flesh – the peach lends a fresh, sweet flavor.



Raspberry

The raspberry provides a robust, slightly tart flavor.



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Total ABV: .48 ounces



NOLET'S Silver Dry Gin & Tonic or Soda

1 oz. NOLET'S Silver
3 oz. Tonic Water or Soda Water
Pour NOLET'S Silver and tonic water or soda water into an ice-filled highball glass. Stir well. Garnish with a wedge of lime.

Total ABV: .48 ounces



NOLET'S Silver Dry Gin Bramble

1 oz. NOLET'S Silver
.50 oz. Fresh Lemon Juice
.25 oz. Simple Syrup
Cassis Liqueur

Pour first three ingredients into an ice-filled rocks glass. Stir well. Top with a light drizzle of Cassis Liqueur. Garnish with a raspberry.

Total ABV: .58 ounces



- 2 large kaiser or Portuguese rolls (about 6 oz.)
- 2 1/2 cups bread crumbs
- 1/2 cup finely chopped parsley
- 2 eggs
- Freshly grated nutmeg, to taste
- Kosher salt and freshly ground black pepper, to taste
- 1 1/4 lb. beef marrow bones
- 10 cups beef stock
- 1 small carrot, peeled and julienned
- 1 small leek, white and light green parts only, julienned

1 Make the dumplings: Place rolls in a bowl and cover with warm water; let sit until soft, about 30 minutes; drain and squeeze completely dry. Using your fingers, crumble rolls into a medium bowl. Add bread crumbs, 6 tbsp. parsley, eggs, nutmeg, and salt and pepper; set aside. Using a small spoon or butter knife, scoop marrow from bones into a small saucepan; heat over medium heat until melted. Pour into bowl with rolls and mix until dough forms. Shape into about thirty 1-oz. balls; set aside.

2 Mix stock, carrot, and leek in a 6-qt. saucepan; season with salt and pepper. Bring to a boil over medium-high heat; reduce heat to medium, and add dumplings. Cook, stirring occasionally, until dumplings are cooked through, about 3 minutes.

3 To serve, ladle soup and dumplings into 8 serving bowls, and garnish with remaining parsley.

Maultaschensuppe

(Dumplings in Broth)

SERVES 8

Chef Oliver Steffensky garnishes this soup (pictured on page 93), a specialty of Swabia in southern Germany, with dumplings filled with minced pork, beef, veal, and bacon.

FOR THE DUMPLING DOUGH:

- 1 1/2 cups flour
- 2 tbsp. durum wheat (semolina) flour
- 3 eggs, lightly beaten
- 1/2 tsp. canola oil

FOR THE DUMPLING FILLING:

- 1 tsp. canola oil
- 1 small yellow onion, minced
- 3 oz. ground beef
- 3 oz. ground veal
- 3 oz. ground pork
- 1 1/2 oz. bacon, finely chopped
- 1/4 cup finely chopped parsley
- 2 tbsp. heavy cream
- 2 tbsp. cooked, chopped spinach

- 2 eggs, lightly beaten
- 1/4 small yellow onion, finely chopped
- Freshly grated nutmeg, to taste
- Kosher salt and freshly ground black pepper, to taste

FOR THE SOUP:

- 6 cups chicken stock
- 1/4 cup finely chopped carrot
- 1/4 cup finely chopped celery
- 2 tbsp. finely chopped parsley

1 Make the dumpling dough: In a bowl, stir together both flours; add oil and eggs, and stir until dough forms. Transfer to a lightly floured work surface, and knead until smooth, about 6 minutes. Wrap in plastic and refrigerate for 1 hour.

2 Heat oil in a 8" skillet over medium heat; add onion, and cook, stirring often, until caramelized, about 25 minutes. Set onions aside. Meanwhile, make the dumpling filling: In a large bowl, mix beef, veal, pork, bacon, parsley, cream, spinach, 1 egg, onion, nutmeg, and salt and pepper. Transfer to a piping bag fitted with a 1/2" round tip, and set aside.

3 Unwrap dumpling dough, and divide into 4 equal pieces; working with one piece at a time, pass dough through a pasta roller until 1/8" thick. Lay sheet of pasta on a work surface, and pipe filling in a straight line down lower 1/2 of pasta sheet. To roll, shape, and cut dumplings, see "Making Maultaschen" on previous page. Continue with remaining pasta and filling to make about 25 dumplings. Bring a 6-qt. pot of water to a boil, add dumplings, cooking until they float, about 2 minutes.

4 Bring chicken stock, carrot, celery, and salt and pepper to a simmer in a 6-qt. saucepan over medium-high heat, until vegetables are soft, about 3 minutes.

5 To serve, divide dumplings into 8 bowls, ladle soup over dumplings, and top each dumpling with some of the caramelized onions; garnish with parsley.

Ochsenschwanzsuppe

(Oxtail Consommé)

SERVES 4

To ensure that this consommé (pictured on page 94) is absolutely clear, chef Alexander Kroll of the Widder Hotel in Zurich creates a "raft" of ground beef and egg whites to absorb impurities, producing an ele-

gant soup with concentrated flavor.

FOR THE CONSOMMÉ RAFT:

- 12 oz. ground beef
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped carrot
- 1/4 cup finely chopped leek
- 7 egg whites

FOR THE CONSOMMÉ:

- 3 lb. oxtails, cut crosswise into 2" slices
- 1/2 cup canola oil
- Kosher salt and freshly ground black pepper, to taste
- 8 cups beef or veal stock
- 3 ribs celery, roughly chopped
- 2 medium carrots, peeled and roughly chopped, plus 1 small carrot, peeled and julienned
- 1 large leek, roughly chopped
- 1 small yellow onion, roughly chopped
- 2 tbsp. tomato paste
- 1 tsp. whole black peppercorns
- 3 bay leaves
- 3 sprigs rosemary
- 1 cup red wine
- 1 tbsp. thinly sliced scallions

1 Make the raft: In a bowl, mix beef, celery, carrot, leek, and egg whites until evenly combined; set aside.

2 Heat oven to 350°. Rub oxtails with 1/4 cup oil and season with salt and pepper; place in a roasting pan and roast, flipping once, until browned on both sides, about 1 hour. Transfer oxtails to a plate and let cool. Add stock to roasting pan, and using a wooden spoon, scrape up any bits stuck to the bottom of the pan; set pan with stock aside.

3 Heat remaining oil in an 8-qt. saucepan over medium-high heat; add celery, carrots, leek, and onion, and cook, stirring occasionally, until caramelized, about 30 minutes. Add tomato paste, peppercorns, bay leaves, and rosemary, and cook, stirring, until caramelized, about 2 minutes. Add wine, and cook, stirring, until reduced by half, about 2 minutes. Add oxtails and stock from roasting pan to saucepan, and bring to a boil; reduce heat to medium-low, and cook, covered and stirring occasionally, until oxtails are tender, about 45 minutes. Remove soup from heat, and transfer oxtails to a cutting board; remove and discard bones, chop meat into 1/2" cubes, and set aside. Pour soup through a fine strainer into a 6-qt. saucepan and chill.

4 Stir raft into chilled soup, and return to medium-high heat; bring

to a boil, and then reduce heat to medium-low. Cook, without stirring, until a raft forms on top of soup and the broth is clear, about 25 minutes. Using a small ladle, break a hole in the center of the raft, and ladle consommé, avoiding touching the raft, into a cheesecloth-lined fine strainer set over a large bowl. Season consommé with salt and pepper.

5 To serve, divide oxtail meat and julienned carrots between 4 serving bowls, and ladle consommé over top. Garnish with scallions.

Palócleves

(Lamb Soup With Sour Cream)

SERVES 4-6

Hungarian chef Andrea Németh mixes sour cream with flour before adding it to this paprika-spiced lamb and vegetable soup (pictured on page 96). It thickens the soup and prevents the cream from curdling.

- 1/4 cup canola oil
- 10 oz. lamb shoulder, cut into 1/2" cubes
- 4 cloves garlic, finely chopped
- 2 bay leaves
- 1 large yellow onion, finely chopped
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. Hungarian hot paprika
- 4 oz. russet potato, peeled and cut into 1/2" cubes
- 4 oz. yellow snap beans, cut into 1" pieces
- 3/4 cup sour cream, plus more to garnish
- 2 tbsp. flour
- 1 tbsp. roughly chopped dill

Heat oil in a 6-qt. saucepan over medium-high heat; add lamb, and cook, stirring, until browned all over, about 8 minutes. Using a slotted spoon, transfer lamb to a plate; set aside. Add garlic, bay leaves, onion, salt, and pepper to pot, and cook, stirring, until soft, about 15 minutes. Add lamb, paprika, and 4 cups water; bring to a boil, reduce heat to medium-low, and cook, covered and stirring occasionally, until lamb is barely tender, about 20 minutes. Add potatoes and beans, and cook, stirring occasionally, until lamb and vegetables are tender, about 15 minutes. In a small bowl, stir together sour cream and flour until smooth; add to soup, and stir until smooth and slightly thickened, about 10 minutes. To serve, ladle soup into 4 serving bowls, swirl with more sour cream, if you like, and garnish with dill.

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1



2



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5

Superb Sides

Most Thanksgiving meals revolve around roast turkey, but it's the side dishes that inspire the fiercest loyalties and let the cook's personality shine through. Below, from the recipe files of the *SAVEUR* staff, a few favorite Thanksgiving sides (each meant to serve six to eight people). They honor tradition by using ingredients we've come to expect on this holiday, but they also bring flair to the familiar with unexpected flavors and nifty techniques. —Ben Mims

1 Cranberry Salsa

Lime and jalapeño punch up executive food editor Todd Coleman's fresh take on cranberry sauce. In a medium bowl, combine 1 lb. fresh or frozen, thawed cranberries, halved; 3 tbsp. sugar; 1 jalapeño, stemmed, seeded, and julienned; the zest and juice of 2 limes; and kosher salt to taste. Toss together and let sit for 30 minutes to allow the flavors to meld.

2 Baked Sweet Potatoes with Brown Sugar and Black Pepper

Associate food editor Ben Mims loves brown sugar and black pepper together. The pepper provides a pleasant heat, and the sugar brings out the spice's latent sweetness; on a rich and

earthy baked sweet potato, the combination is a natural. Heat oven to 425°. Place 8 sweet potatoes on a foil-lined baking sheet and bake until soft, about 1 hour and 15 minutes. Remove potatoes from oven and let cool 10 minutes. Split potatoes open, put 2 tbsp. unsalted butter and 2 tsp. dark brown sugar in each potato, and season liberally with freshly ground black pepper. Finish with kosher salt to taste.

3 Green Beans and Tomatoes

In so many green bean casseroles, the beans are cooked well past the point of mushy. Editor-in-chief James Oseland lets his beans retain some snap; the richness here comes

from luscious, cooked-down tomatoes. Heat $\frac{3}{4}$ cup olive oil in a 12" skillet over medium-high heat; add 10 cloves garlic, roughly chopped, and cook, stirring often, until soft, about 2 minutes. Add 4 whole fresh or canned, drained tomatoes, peeled and crushed, and cook, stirring, until broken down and soft. Add 2 lb. green beans, trimmed, and $\frac{3}{4}$ cup water, and cover pan with lid; cook, stirring occasionally, until beans are soft, about 8 minutes. Remove from heat; season with kosher salt and freshly ground black pepper.

4 Brussels Sprouts and Bacon

Deputy editor Beth Kracklauer caramelizes Brussels

sprouts in rich bacon fat, and the sweet-salty combination is absolutely delicious. Heat 12 oz. slab bacon, cut into matchsticks, and 1 tbsp. olive oil in a 12" skillet over medium-high heat; cook, stirring occasionally, until bacon is crisp and fat is rendered, about 15 minutes. Using a slotted spoon, transfer bacon to paper towels to drain, and pour off all but 2 tbsp. bacon drippings. Return skillet to heat and add 2 tbsp. unsalted butter. Add 2 lb. Brussels sprouts, halved lengthwise, and cook, stirring occasionally, until golden brown and caramelized, about 15 minutes. Season with kosher salt and freshly ground black pepper; garnish with bacon.

5 Orange and Honey-Glazed Carrots

Honey makes a more flavorful glaze for carrots than sugar does, and kitchen director Kellie Evans uses orange zest to keep the sweetness from becoming cloying. Melt 12 tbsp. unsalted butter in a 12" high-sided skillet over medium-high heat; add 4 lb. carrots, peeled and cut diagonally into $1\frac{1}{2}$ " chunks; 1 cup honey; and the juice and zest of 1 orange. Bring to a boil, reduce heat to medium-low, and cook, uncovered, stirring occasionally, until sauce is thickened and carrots are soft, about 1 hour and 15 minutes. Season with kosher salt and freshly ground black pepper, and sprinkle with 2 tbsp. chopped fresh tarragon.

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Tips We're Thankful For

ON PAGE 27, AUTHOR MOLLY STEVENS lays out her foolproof method for roasting a turkey ("The Perfect Bird"). But in the *SAVEUR* kitchen, we're rarely willing to just sit back and savor success. Stevens's beautiful bird sparked lively debates, with staffers putting forward their own techniques for getting the juiciest meat or the crispiest skin. In fact, every Thanksgiving recipe we tested for this issue either called forth another tried-and-true tip or gave rise to a new one. Here are a few we all agreed are worth adding to your Thanksgiving repertoire. —Kellie Evans



For a turkey with skin that's crisp, and flavorful, keep a small saucepan of melted butter, whole peppercorns, sherry vinegar, and dried sage and thyme on the stove, and use a basting brush to slather the infused butter all over the turkey as it roasts, every 30 minutes or so.



There are those who would say it's just not Thanksgiving without a pumpkin pie—and those who can't abide the pie's dense texture. A simple way to keep all of your guests happy: Fold two whipped egg whites into the filling for an airier, soufflé-like consistency.



Fortified wines like Sherry, Port, and Madeira contain not only more alcohol but also more sugar than unfortified wines do. Adding a few tablespoons of any of the above to a gravy at the end of cooking will accentuate the richness and sweetness of the caramelized pan juices and other ingredients.



If you're brining your turkey, dried herbs are a better bet than fresh ones for seasoning the brine solution. Drying concentrates the flavor; after penetrating the meat along with the brine, the herbs will bloom in the heat of the oven, releasing their fragrant oils to flavor the meat.



Peeling, boiling, and mashing potatoes is something you can get out of the way the day before the big feast, leaving your hands and your stove top free for other tasks. Simply pass the boiled potatoes through a ricer directly into a Ziploc bag and refrigerate. Then, just before serving time, heat your cream and butter in a saucepan, fold in the prepared potatoes, and season to taste.



In lieu of cooking a whole bird, individual turkey roulades are an elegant and delicious alternative. Pound turkey cutlets to $\frac{1}{8}$ "– $\frac{1}{4}$ " thickness and season with salt and pepper. The filling can be anything from a traditional stuffing to a fresh herb pesto; lay it on the third of the cutlet nearest you and roll like a burrito. Then secure the roulade with toothpicks and pan-fry.



A mirepoix of chopped carrot, onion, and celery lining the bottom of the roasting pan not only enhances the flavor of the turkey as it cooks, it also acts as a roasting rack, elevating the bird so heat can circulate under it, for even browning all over. After roasting under the turkey and becoming infused with pan juices, the mirepoix can be added to the gravy to boost its flavor, too.



White meat cooks faster than dark meat does, and breaking down a whole turkey into breasts, drumsticks, thighs, and wings before cooking lets you give each part the treatment it deserves. Begin by seasoning and pan searing the turkey pieces skin-side down, then roast them skin-side up in the oven, removing individual pieces once they're cooked.



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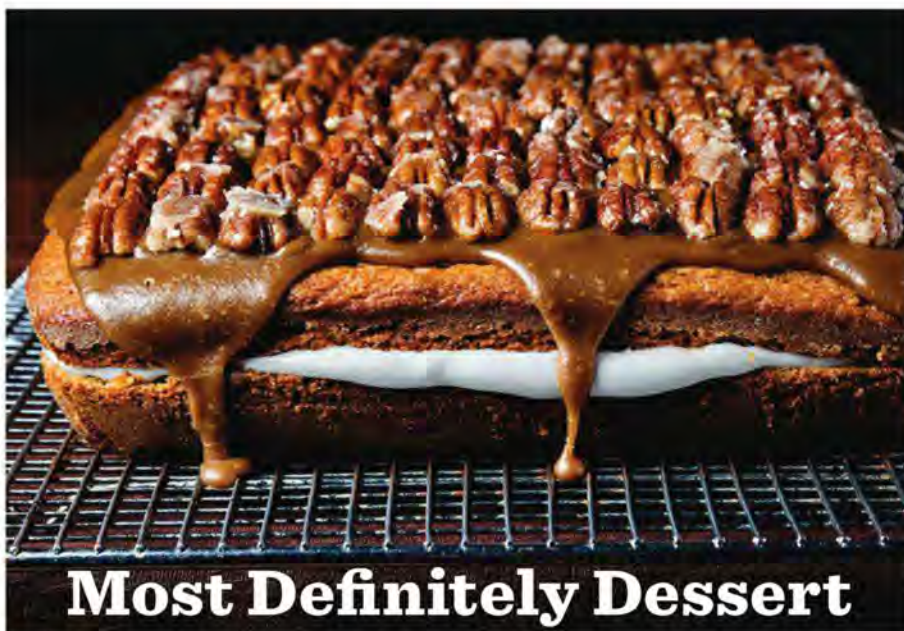
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Most Definitely Dessert

As we tested recipes for this issue's story on sweet potato casserole ("How Sweet It Is," page 43), we were intrigued by the dish's 19th-century antecedents—puddings and pies that straddled the line between sweet and savory. We decided to see what would happen if we came down squarely on the side of sweet, and this recipe was the result: layers of spiced sweet potato cake with marshmallowy meringue icing in between and a topping of praline and candied pecans. It will make a spectacular finish to any feast. —Ben Mims

SWEET POTATO CAKE

SERVES 12

- 26 tbsp. unsalted butter, plus more for pan
- 3 cups flour, plus more for pan
- 1½ tsp. kosher salt
- 1 tbsp. baking powder
- 1½ tsp. ground cinnamon
- 1½ tsp. ground ginger
- ¾ tsp. ground cardamom
- ½ tsp. baking soda
- ¼ tsp. ground allspice
- 2½ cups packed light brown sugar
- 4 eggs
- 2 cups mashed roasted sweet potatoes
- ¾ cup sour cream
- 2½ tsp. vanilla extract
- 8 oz. whole pecans
- 1½ cup sugar
- ¾ cup dark rum
- 2 egg whites
- 1 cup confectioners' sugar
- ¾ cup milk

1 Make the cake: Heat oven to 350°. Grease and

flour a 9" x 13" baking pan; set aside. Brown 16 tbsp. butter in a saucepan over medium-high heat; chill until solid. Whisk flour, 1 tsp. salt, baking powder, cinnamon, ginger, cardamom, baking soda, and allspice in a bowl; set aside. Beat browned butter and 2 cups brown sugar on medium speed of a mixer until fluffy, about 3 minutes. Add eggs, one at a time, until smooth; beat in potatoes, sour cream, and 1½ tsp. vanilla. Add dry ingredients; beat until combined. Pour batter into prepared pan and smooth top with a rubber spatula; bake until a toothpick inserted in middle comes out clean, about 45 minutes. Let cool; halve cake crosswise into two layers.

2 Make the candied pecans and marshmallow icing: Heat 4 tbsp. butter in a 12" skillet over medium-high heat; add pecans, ¼ cup sugar, and rum, and cook, stirring often, until thickly glazed, about 4 minutes. Transfer to a sheet of foil in an even layer; cool. Boil remaining sugar, ¼ tsp. salt, and ¼ cup water in a 2-qt. saucepan over high heat, without stirring, until syrup reaches 250° on a candy thermometer. Place whites in a bowl, and beat on high speed of a mixer until frothy, about 1 minute; slowly pour hot syrup in a steady stream into whites. Continue beating whites until cooled; stir in ½ tsp. vanilla. Spread icing evenly over bottom cake layer; cover with top cake layer.

3 Make the praline topping: Bring remaining butter, salt, brown sugar, confectioners' sugar, and milk to a boil in a 2-qt. saucepan over high heat; cook 5 minutes. Remove from heat, stir in remaining vanilla, and let cool, without stirring, until thickened, about 15 minutes. Pour sauce over cake, and arrange candied pecans on top.

16 Shades of Sweet

Shopping for sweet potatoes for various Thanksgiving recipes in this issue, we came across a surprising range of varieties—both heirlooms and new hybrids—now being grown in the U.S. Below, 16 different sweet spuds in a range of colors, textures, and flavors to consider as you plan your own Thanksgiving menu. —Karen Shimizu



Speckled purple sweet potatoes are named for their flecked magenta flesh. They remain firm when boiled or fried and have a mild, nutty flavor.



An heirloom variety with pale orange skin and flesh, **envy** is mild, moist, and sweet—a good choice for baking, roasting, and casseroles.



Hannahs have tan skin and an off-white interior. When baked, the flesh takes on a yellow cast, a lightly sweet flavor, and a dry texture that's great mashed.



With copper skin and deep-orange flesh that's moist and tender when cooked, the **jewel** is a good go-to potato for traditional baking and casseroles.



Garnets, named for their red-purple skin, have orange flesh that has a moist, heavy, pumpkin-like quality when baked in a sweet potato pie.



Korean purple, an Asian heirloom variety, has speckled purple skin and white flesh. Baking or boiling coaxes out its chestnut-like flavor.



Dusky red-skinned **Beauregard** is the most widely grown commercial cultivar. This versatile variety lends itself to baking, boiling, mashing, or frying.



Creamsicle, named for its combination of cream-colored exterior and sugary, vibrant-orange interior, has firm flesh great for frying or boiling.



Developed from a mutation of the Beauregard (see above), the **O'henry's** cream-colored flesh is lightly sweet, and dense and heavy when baked.



Willowleaf is an extremely rare heirloom variety with orange-red skin and orange flesh. Native to Missouri, it has a nutty flavor when baked.



Okinawa sweet potatoes have tan skin and sugary magenta flesh that holds its shape well whether baked, roasted, boiled, steamed, or scalloped.



The rose-skinned **Covington's** orange flesh turns malty sweet when baked. It's a favorite in the South, where it's used in side dishes and desserts.



Nugget sweet potatoes have rosy skin and light orange flesh that's dense and holds its shape when cooked—an excellent variety for roasting and glazing.



Amish bush portorico potatoes grow in bushy clusters (hence the name). They have rosy skin and orange flesh that bakes up buttery and lush.



Purple sweet potatoes have firm, lightly sweet flesh and a slight, pleasant tartness that takes well to generously seasoned savory roasted dishes.



Stokes purple potatoes are purple all the way through. Earthy and fibrous, they're best baked at a low temperature because of their low moisture content.

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Recipes by Category

Main Dishes

Meat and Poultry

Beef Marrow Dumpling Soup.....	100
Chicken and Onion Tagine.....	69
Curried Chicken.....	80
Dumplings in Broth.....	102
German Barley Soup.....	100
Guatemalan Composed Salad.....	16
Lamb Soup with Sour Cream.....	102
Onion and Bacon Tart.....	68
Onion and Lamb Curry.....	66
Paprika-Spiced Cauliflower Soup.....	100
Perfect Roast Turkey.....	27
Six-Onion Pizza.....	68

Seafood

Ackee and Saltfish.....	80
Bass in Escovitch.....	80
Conch Soup.....	80
Poached Trout With Onions and Fennel Seeds.....	68
Seared Scallops with Finger Lime Beurre Blanc.....	24

Vegetarian

Autumn Vegetable Patties.....	88
Callaloo and Cheddar Quiches.....	80
Hominy Porridge.....	82
Vegetable Run-Up.....	82

Side Dishes

Beer-Battered Onion Rings.....	66
Brussels Sprouts and Bacon.....	105
Creamed Onions/Gratin.....	66
Dumplings.....	100
Green Beans and Tomatoes.....	105
Honey and Herb Biscuits.....	88
Johnnycakes.....	82
Onion and Poppy Seed Bialys.....	66
Orange and Honey-Glazed Carrots.....	105
Oxtail Consommé.....	102
Parsley and Onion Salad.....	68
Peas with Orange and Mint.....	88
Potato and Rutabaga Gratin.....	88
Roasted Vidalia Onions	
with Herbed Bread Crumbs.....	68
Salt Cod Fritters.....	82
Spiced Potato Soup.....	100
Spiced Wheat Berry Pilaf.....	90
Sweet Potato Casserole	
with Pecan Crumble.....	44
Sweet Potatoes with Brown Sugar	
and Black Pepper.....	105
Winter Squash and Apple Soup.....	90

Condiments

Cranberry-Ginger Chutney.....	88
Cranberry Salsa.....	105
Homemade French Onion Dip.....	68
Vermouth-Spiked Cocktail Onions.....	69
Yucatecan Pickled Red Onions.....	66

Sweets & Drinks

Apple Cider-Cinnamon Ice Cream.....	90
Pumpkin Cheesecake	
with Gingersnap Crust.....	90
Sorrel Drink.....	82
Sweet Potato Cake.....	108

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THE PANTRY

A Guide to Resources

In producing the stories for this issue, we discovered ingredients and information too good to keep to ourselves. Please feel free to raid our pantry!

BY BEN MIMS

Fare

To make the Guatemalan composed salad recipe (see page 16), buy **pacayas**, available from Amazon.com (\$29.99 for three 32-ounce jars; amazon.com). To order our One Good Bottle, the **Bodegas Monje Traditional 2008** (\$20 for a 750-milliliter bottle), contact Silverlake Wine (323/662-9024; silverlakewine.com). To purchase the **Barnyard King** (\$79.95), the **English Scenery** (\$33.99) or **Bountiful Harvest turkey plates** (\$79.95), contact Replacements, Ltd. (800/737-5223; replacements.com); for the **Cauldon flow blue** (\$150) and **Copeland Spode transfer-print turkey plates** (included in a set of 12 uniquely decorated plates for \$4,800), contact Elise Abrams Antiques (413/528-3201; eliseabramsantiques.com). To find local retailers selling our favorite **fresh-hop beers**, contact Victory Brewing Co. for its **Hop Wallop Ale** (\$11 for six 12-ounce bottles; 610/514-7000; victorybeer.com); Deschutes Brewery for its **Hop Trip Fresh Hop Pale Ale** (\$9 for six 12-ounce bottles; 541/385-8606; deschutesbrewery.com); Sierra Nevada Brewing Co. for its **Northern Hemisphere Harvest** (\$7.99 for a 24-ounce bottle; 530/893-3520; sierranevada.com); and Founders Brewing Co. for its **Harvest Ale** (\$10 for four 12-ounce bottles; 616/776-1195; foundersbrewing.com).

To make the seared scallops with finger lime beurre blanc recipe (see page 24), buy **finger limes**, available from Melissa's/World Variety Produce (price varies by availability; 800/588-0151; melissas.com) or Good Land Organics (\$25 for a one-half pound box; 805/685-4189; goodlandorganics.com).

Technique

To make Molly Stevens's perfect roast turkey recipe (see page 27), purchase a **fresh young turkey** at your local grocery store or from Butterball (butterball.com).

Essay

To dine at **Eleven Madison Park** restaurant in New York City, call 212/889-0905 or visit their website: elevenmadisonpark.com. To order **Eleven Madison Park: The Cookbook** (Little, Brown and Company; 2011) by Daniel Humm and Will Guidara, go to Amazon.com (\$29.94; amazon.com).

Onions

To make the bialys recipe (see page 66), use **barley malt syrup**, available from iHerb.com (\$5.98 for a 20-ounce jar; 951/616-3600; iherb.com). To order different varieties of **onions**, including pearl, Bianca de Maggio, Thai shallot, yellow, Tropeana Lunga, Siskiyou, turbo, stuttgarter, cobra, torpedo, owa, baby red creole, Mayan sweet, red Wethersfield, white granex, Australian brown, red baron, Texas sweet, cipolline, candy, Maui, red zeppelin, red burgermaster, Paris silverskin, French shallot, red bull, Inca sweet, French gray shallot, Walla Walla, crystal white wax, jet set, flat of Italy, and giant red hamburger, among many others, contact Melissa's/World Variety Produce (price varies by availability; see above) and Specialty Produce (800/221-9730; specialtyproduce.com).

Jamaican Breakfast

To prepare the ackee and saltfish (see page 80), purchase **canned ackee**, available from The Latin Products (\$11.99 for a 19-ounce can; 800/694-8344; thelatinproducts.com). To make the callaloo and cheddar quiches (see page 80), use **canned callaloo**, available from The Latin Products (\$4.49 for an 18-ounce can; see above). To make the conch soup recipe (see page 80), purchase **frozen conch meat**, available from Amazon.com (\$20.38 for five 3.2-ounce boxes; amazon.com). To prepare the curried chicken recipe (see page 80), purchase **Jamaican curry powder**, available from Amazon.com (\$6.99 for an 8-ounce jar; amazon.com). To make the hominy porridge recipe (see page 82), buy **broken yellow hominy**, available from The Latin Products (\$1.39 for a 14-ounce bag; see above). To make the sorrel drink recipe (see page 82), buy **dried sorrel flowers**, available from Caribbean Food Desires (\$2.85 for a 114-gram bag; 386/585-3694; caribbeanfooddesires.com). To prepare the salt cod fritters (see page 82), use **culantro**, available from your local Latin or Asian grocery stores.

Vegetarian Thanksgiving

To prepare the autumn vegetable patties recipe (see page 88), use **panko bread crumbs**, available from Netgrocer.com (\$2.55 for an 8-ounce box; 888/638-4762; netgrocer.com). To make the winter squash soup recipe (see page 90), buy **Chinese five-spice powder** available from Amazon.com (\$14.90 for three 2-ounce jars; amazon.com).

Great European Soups

To make the German barley soup (see page 100), purchase **pearl barley**, available from Organic Wholesale Club (\$5.99 for two 30-ounce bags; 425/369-9209; store.organicwholesaleclub.com), and **bratwurst**

or **bockwurst sausage**, available from Koenemann Sausage Co. (\$5.95 for 1 pound; 800/662-5584; koenemannsausage.com). To prepare the Hungarian cauliflower soup (see page 100), buy **Hungarian Hot paprika** available from igourmet.com (\$5.99 for a 5-ounce container; 877/446-8763; igourmet.com), which you will also need to make the lamb with sour cream soup (see page 102). When traveling in Hungary, dine on **palocleves** (lamb soup with sour cream) and **kardfollves** (paprika-spiked cauliflower soup) at **Bagolyvár** (H-1146 Budapest, Állatkerti út 2; 36/1/468-3110; bagolyvar.com). When traveling in Germany, dine on **mautaschen-suppe** (dumplings in broth) and **kartoffelrahmsuppe** (spiced potato soup) at the **Dorfstuben restaurant in the Hotel Bareiss** (Gärtenbühlweg 14, 72270 Baiersbrunn; 49/0/07442-47-0; bareiss.com), and **graupensuppe** (German barley soup) and **markklösschen-suppe** (beef marrow dumpling soup) at the restaurant in **Weinhaus Weiler** (Marktplatz 4, 55430 Oberwesel; 49/0/67449-30-50; weinhaus-weiler.de). When in traveling in Switzerland, dine on **ochsenschwanzsuppe** (oxtail consommé) at the **Widder Restaurant by Alexander Kroll in the Widder Hotel** (Rennweg 7, 8001 Zürich; 44/224-2412; widderhotel.ch).

Kitchen

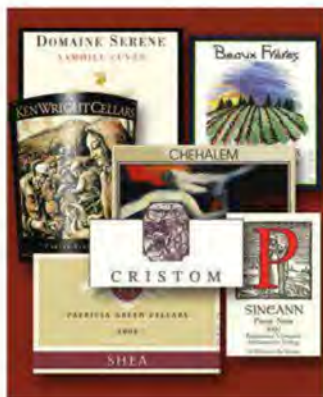
To order different varieties of **sweet potatoes**, including speckled purple, envy, Hannah, jewel, garnet, Korean, Beauregard, Creamsicle, O'Henry, willowleaf, Okinawa, Covington, nugget, Amish bush Porto Rico, purple, and Stokes purple, among many others, contact Melissa's/World Variety Produce (price varies by availability; see above); Chef's Garden (800/289-4644; chefs-garden.com); and Stokes Foods (336/661-5321; stokesfoods.com), or check your local farmers' markets.

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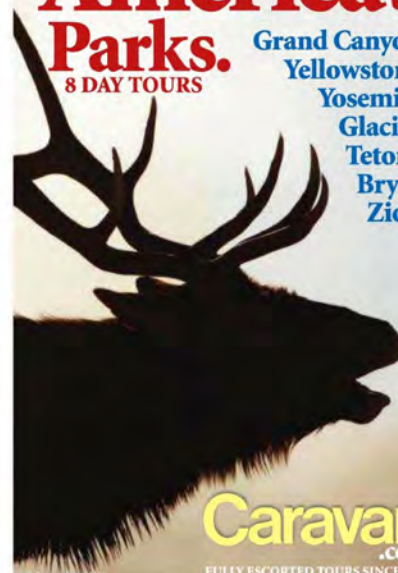
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